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# **PROACTIVE FLEXIBILITY AND BALANCE EXERCISES AND ACTIVITY LOGS**

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## ***FLEXIBILITY***

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### **INTRODUCTION**

This section introduces you to flexibility (stretching) exercises.

**Stretching or flexibility exercises** are an important part of your physical activity program. Stretching your lower body is important to ensure tasks such as putting your shoes on and picking up items from the floor remain easy and pain free. Stretching your upper body is important to ensure tasks such as brushing your hair and retrieving items from a high shelf (getting food or putting away groceries) remain easy and pain free.

It is safe to perform stretching exercises all days of the week. Try to do stretching at least 3-5 times per week with your cardiovascular activities.

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*Avoid bouncy stretches or locking your joints.*

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*It's important that your body has moved with a little bit of walking or general moving before doing stretches.*

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**FLEXIBILITY**

**Name:**

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|-----------------|---------------|---------------|----------------|------------------|-----------------|---------------|-----------------|
| <b>Week of:</b> | <b>Sunday</b> | <b>Monday</b> | <b>Tuesday</b> | <b>Wednesday</b> | <b>Thursday</b> | <b>Friday</b> | <b>Saturday</b> |
|-----------------|---------------|---------------|----------------|------------------|-----------------|---------------|-----------------|

| Flexibility Activity       | # of Sets | Reps | # of Sets | Reps | # of Sets | Reps | # of Sets | Reps | # of Sets | Reps | # of Sets | Reps | # of Sets | Reps |
|----------------------------|-----------|------|-----------|------|-----------|------|-----------|------|-----------|------|-----------|------|-----------|------|
| Static Stretching          | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   |
| Dynamic Stretching         | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   |
| Yoga                       | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   |
| PNF Stretching             | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   |
| Ballistic Stretching       | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   |
| Active Isolated Stretching | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   |
| Self-Myofascial Release    | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   |
| Resistance Band Stretching | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   |
| Foam Rolling               | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   |
| Massage                    | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   |
| Heat Therapy               | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   |
| Cold Therapy               | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   |
| Contrast Therapy           | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   |
| Acupuncture                | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   |
| Chiropractic               | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   |
| Physical Therapy           | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   |
| Massage Therapy            | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   |
| Yoga Therapy               | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   |
| PNF Stretching             | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   |
| Ballistic Stretching       | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   |
| Active Isolated Stretching | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   |
| Self-Myofascial Release    | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   |
| Resistance Band Stretching | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   |
| Foam Rolling               | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   |
| Massage                    | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   |
| Heat Therapy               | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   |
| Cold Therapy               | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   |
| Contrast Therapy           | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   |
| Acupuncture                | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   |
| Chiropractic               | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   |
| Physical Therapy           | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   |
| Massage Therapy            | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   |
| Yoga Therapy               | 3         | 10   | 3         | 10   | 3         | 10   | 3         | 10   | 3         |      |           |      |           |      |

## Saturday

Reps

[illegible]

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## Flexibility Exercise #1: Hamstring Stretch

**Objective:** This stretch can be felt on the backside of your legs, may help to decrease low back pain or stiffness.

1. Sit to the edge of a sturdy, armless chair. Extend your right leg out while flexing your foot (pull your toes towards your shin).
2. Lean forward at your hips. Try to keep your back straight.
3. Hold the stretch for 10-30 seconds, do NOT hold your breath.
4. Alternate legs, repeat 3-5 times.

### Alternate Position:

1. Standing with hand on counter, place leg out in front, pulling your toes up.
2. Lean forward at hips, keeping back straight.
3. Hold the stretch for 10-30 seconds, do NOT hold your breath.
4. Alternate legs, repeat 3-5 times.

A.



B.



A.



B.



## Flexibility Exercise #2: Cross Arm Stretch

**Objective:** You should feel this stretch in the back of your shoulder/shoulder blade, to help with reaching arms.

1. In sitting or standing, bring right arm across your chest. Opposite hand supports just above or below elbow.
2. Gently stretch arm across body, hold 10-30 seconds.
3. Alternate arms, repeat 3-5x.

A.



B.



### Flexibility Exercise #3: Seated Figure Four Stretch

**Objective:** You should feel this stretch in your outer hip/buttock, improving ability to put on socks and shoes.

**Note:** \*IF you have any hip issues or this doesn't feel right for you, hold off on doing.\* YOUR stretch may be the first step of crossing your ankle onto the knee.

1. Sit up tall at the edge of a chair.
2. Bend right knee and put right ankle on left knee.
3. Keep ankle slightly flexed.
4. If able, gently push right knee down.
5. Lean trunk (body) forward, keeping back straight, hold 10-30 seconds.
6. Alternate legs, repeat 3-5 times.

A.



B.





## Flexibility Exercise #4: Seated Trunk Rotation

**Objective:** This stretch can be felt in the back, to improve ability to look around and scan your environment when walking or driving.

1. Sitting tall in chair, put your left hand on your outer right knee or thigh.
2. Slowly rotate trunk to right and look over right shoulder.
3. Hold 10-30 seconds.
4. Alternate sides, repeat 3-5x.

A.



B.



C.



## Flexibility Exercise #5: Seated Cat Cow

**Objective:** This should be felt in your back, to improve spine flexibility for daily activities.

1. Sit tall at edge of chair.
2. Place hands gently on knees.
3. Tuck chin to chest, round upper back and hold for several seconds.
4. Straighten your back to starting position, then arch upper back and look up (but don't tilt head all the way back) and hold for several seconds.
5. Slowly repeat 5 times.

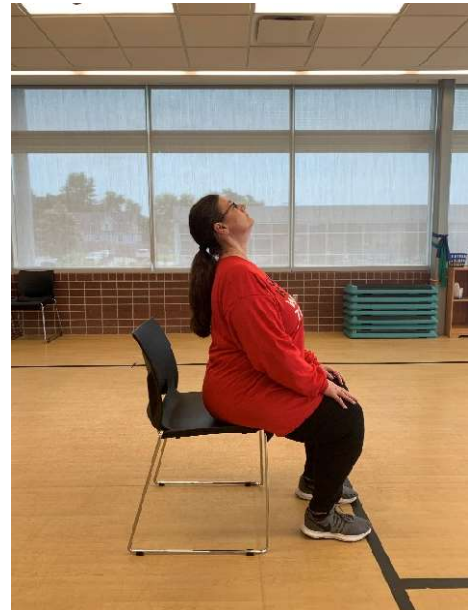
A.



B.



C.

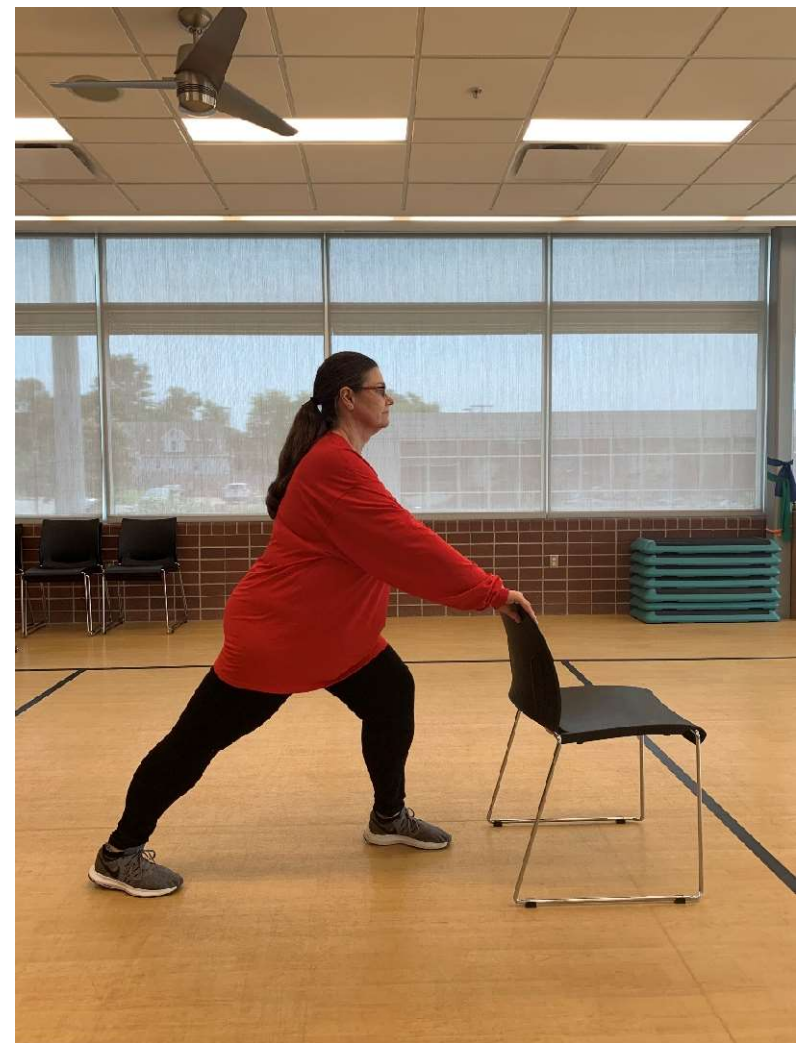




## Flexibility Exercise #6: Standing Calf Stretch

**Objective:** This should be felt on back of lower leg, to improve walking step length.

1. Facing counter or wall, place hands down for balance.
2. Step back with right foot, toes facing toward counter or wall.
3. Bend left knee until you feel a stretch in right calf, hold 10-30 seconds.
4. Alternate legs, repeat 3-5x times.



## FLEXIBILITY AND BALANCE

Goal: 3-5 days per week

Name:
Level:

| Week of: | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|--------|--------|---------|-----------|----------|--------|----------|
|          |        |        |         |           |          |        |          |

| Week of: | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|--------|--------|---------|-----------|----------|--------|----------|
|          |        |        |         |           |          |        |          |

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