

**Stretching** is a key factor in preventing injuries for athletes of all levels. Whether you are a recreational walker, an avid runner, a weekend warrior, or a varsity athlete, it is vital to keep your muscles flexible in order to reduce your risk of suffering an injury. This pamphlet contains basic stretches for the muscles of the legs and arms that can be performed safely by all athletes.

**To maintain and even improve flexibility, complete the stretches as follows:**

- Hold each stretch for 30 seconds.
- Repeat each stretch 2 times on each side.
- Perform 1 session per day.

*You should **NOT** experience any pain during or after performing the exercises. If you do experience pain, you should seek a medical evaluation.*

*This program is **NOT** designed to treat injuries. If you have an injury, or would like more individualized instruction on preventing injury, please consult a skilled Physical Therapist at one of our Spaulding Outpatient Centers.*

## Spaulding Outpatients Sites – North Shore

### Spaulding Outpatient Center at Cape Ann

1 Blackburn Drive  
Gloucester, MA 01930  
Phone: 978-281-9560

### Spaulding Outpatient Center Lynn

583 Chestnut Street, Suite 3  
Lynn, MA 01904  
Phone: 781-581-0484

### Spaulding Outpatient Center at the Jewish Community Center in Marblehead

Jewish Community Center  
4 Community Road  
Marblehead, MA 01945  
Phone: 781-639-1131

### Spaulding Outpatient Center

#### at the Marblehead YMCA

Lynch/van Otterloo YMCA  
40 Leggs Hill Road  
Marblehead, MA 01945  
Phone: 781-639-0055

### Spaulding Outpatient Center Peabody

4 Centennial Drive  
Peabody, MA 01906  
Phone: 978-532-6635

### Spaulding Outpatient Center Salem

Shetland Park, 2nd Floor, Suite 211  
35 Congress Street  
Salem, MA 01970  
Phone: 978.825.8700



# Total Body Stretching

FLEXIBILITY EXERCISES FOR EVERY  
ATHLETE

Strength is Innovation  
Strength is Knowledge  
Strength is Expertise

**Find your strength**



North Shore Sports Medicine Team



### Calf Stretch

While standing and leaning against a wall, place one foot back behind you and bend the front knee until a gentle stretch is felt on the back leg. Your back knee should be straight the entire time. Keep your toes pointing forward and keep your back heel on the ground.



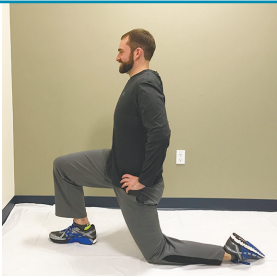
### Soleus Stretch

Start in the same position as the stretch above. This time keep the back knee bent the entire time, and you should feel a stretch in the lower part of the calf. Again, keep your toes pointing forward and your back heel on the ground.



### Hip Flexor Stretch

Kneel down on one knee with the other foot on the ground. Lean forward and bend your front knee until a stretch is felt along the front of the other hip. Keep back straight.



### Hamstring Stretch

Kneel down and straighten one leg out in front. Keep back straight and lean forward until stretch is felt in back of the straight leg.



This stretch can also be done while standing and propping your foot on a chair or bench.

### Quad Stretch

While standing, bend one knee and pull ankle towards buttock until a stretch is felt in the front of the thigh. Keep thighs in line with each other. Hold onto the wall or a chair for balance.



### ITB Stretch

While standing next to wall, cross your inside leg in front of your outside leg. Lean upper body into wall while pushing hip away from wall. A stretch should be felt on the outside of the hip.



### Adductor Stretch

Sit, bend knees, and bring the bottom of your feet together. Let your knees fall to the floor until you feel a stretch in your inner thighs.



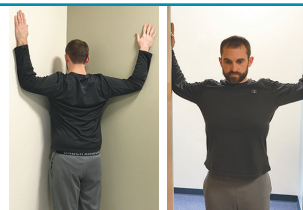
### Piriformis Stretch (Figure Four)

While lying on back, bend both legs. Cross one ankle over the opposite knee. Gently pull legs in towards you. You should feel the stretch in the buttock of the crossed leg.



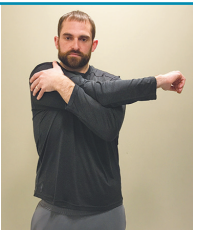
### Chest Stretch

Place forearms flat against the corner of a wall or a doorframe as shown. Gently lean forward until you feel a slight stretch across your chest.



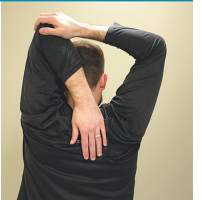
### Posterior Shoulder Stretch

Bring one arm across chest. Grasp the back of the arm with the other arm and pull towards your chest until you feel a stretch in the back of your shoulder.



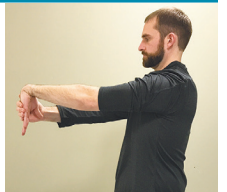
### Tricep Stretch

Bring arm overhead with elbow bent. Grasp elbow with opposite hand and pull toward head until you feel a stretch in the back of the arm.



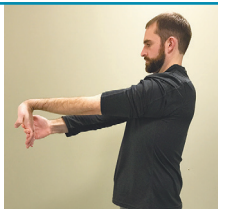
### Wrist Extensor Stretch

With arm straight out and palm down, push your hand down as shown until you feel a stretch in your forearm. Keep elbow straight.



### Wrist Flexor Stretch

With arm straight out and palm up, push hand down as shown until you feel a stretch in your forearm. Keep elbow straight.



**To maintain and even improve flexibility, complete the stretches as follows:**

- Hold each stretch for 30 seconds.
- Repeat each stretch 2 times on each side.
- Perform 1 session per day.