



Stretching Exercises



Benefits:

Stretching exercises improve range of motion and physical function, hence are critical in countering the loss of motion with ageing.

Stretching should be performed up to just before discomfort sets in within the range of motion, and not any further. This will be perceived as the point of mild tightness of the muscle, without discomfort.

In this section, we introduce you to exercises that help stretch key muscle groups.



Dose:

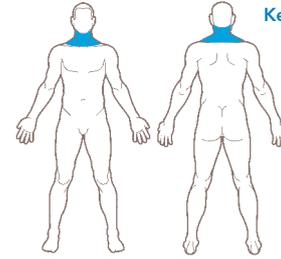
- ▣ Minimum 1 to 3 times for each exercise
- ▣ Each stretch should last 15 to 60 seconds



CAUTION:

- Stretch slowly and smoothly without bouncing or jerking.
- Breathe normally; do not hold your breath.
- You should be in control of each movement and breathing.

Key muscles at work:
Neck



1) Neck stretch, up and down



Start position:

- ▶ Sit upright, looking straight ahead



Action:

- ▶ Lift head, hold for 15 seconds
- ▶ Lower chin towards chest, hold for 15 seconds
- ▶ Return to start position



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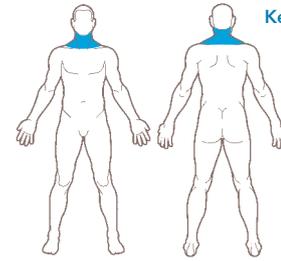


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3

Start



2) Head turn, right and left



Start position:

- ▶ Sit upright, looking straight ahead



Action:

- ▶ Turn head, hold for 15 seconds
- ▶ Return to start position
- ▶ Repeat on the other side



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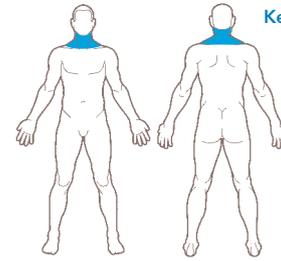


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Start



3) Neck stretch, diagonal



Start position:

- ▷ Sit upright, looking straight ahead



Action:

- ▷ Turn head diagonally up to your right, hold for 15 seconds

- ▷ Move head diagonally down to your left, hold for 15 seconds
- ▷ Turn head diagonally up to your left, hold for 15 seconds
- ▷ Move head diagonally down to your right, hold for 15 seconds
- ▷ Return to start position



4) Shoulder shrug



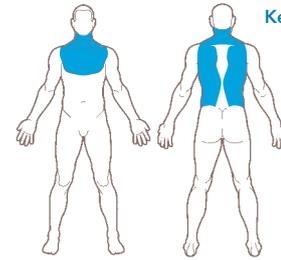
Start position:

- ▶ Sit upright, looking straight ahead
- ▶ Relax shoulders



Action:

- ▶ Lift shoulders towards ears, hold for 15 seconds
- ▶ Return to start position



Key muscles at work:

Neck
Chest
Upper back



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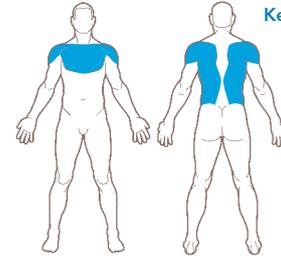


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Start

Key muscles at work:

Shoulder
Chest
Upper back



5) Upper back and chest stretch



Start position:

- ▷ Sit upright, looking straight ahead
- ▷ Place hands on shoulders, elbows out to the side



Action:

- ▷ Touch elbows in front of chest, hold for 15 seconds
- ▷ Move elbows out again, squeeze shoulder blades, hold for 15 seconds
- ▷ Return to start position



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Start

6) Arm stretch and wrist rotation



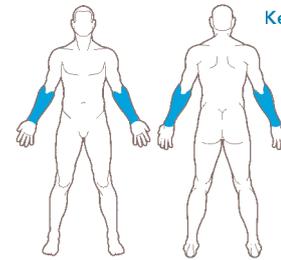
Start position:

- ▶ Sit upright, looking straight ahead
- ▶ Raise arms straight to the front at shoulder level
- ▶ Clench fists



Action:

- ▶ Draw small circles with wrists for 15 seconds
- ▶ Repeat in the other direction

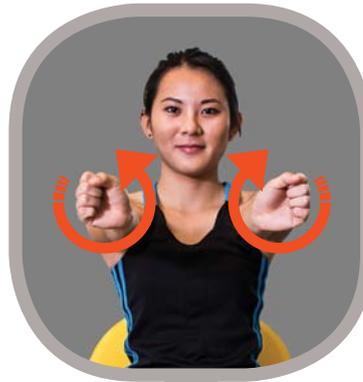


Key muscles at work:

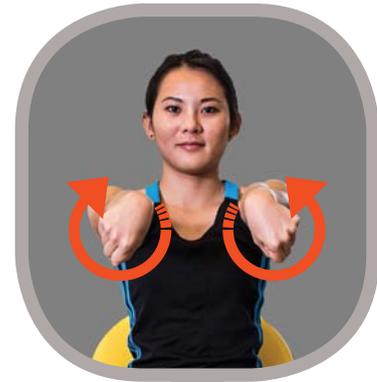
Wrist
Forearm



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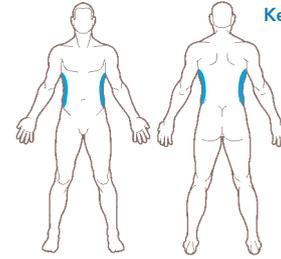
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Start

Key muscles at work:
Side of torso



7) Side trunk stretch



Start position:

- ▷ Sit upright, looking straight ahead
- ▷ Stretch hands up above head



Action:

- ▷ Lean over, feel a gentle stretch down on left side
- ▷ Hold for 15 seconds
- ▷ Return to start position
- ▷ Repeat on the other side



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Start

8) Back thigh stretch



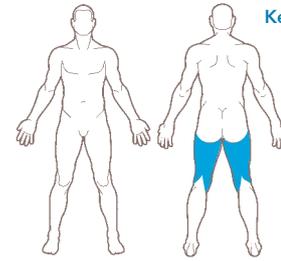
Start position:

- ▶ Sit upright, looking straight ahead



Action:

- ▶ Pull knee towards chest, hold with both hands
- ▶ Hold as close as possible to chest for 15 seconds
- ▶ Return to start position
- ▶ Repeat on the other knee



Key muscles at work:
Back of thigh



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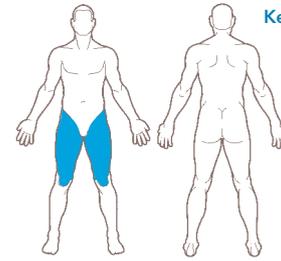
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Start

Key muscles at work:
Front of thigh



9) Front thigh stretch



Start position:

- ▶ Stand upright, hold on to a support



Action:

- ▶ Hold ankle from the back, keeping knees together
- ▶ Hold for 15 seconds
- ▶ Return to start position
- ▶ Repeat on the other side



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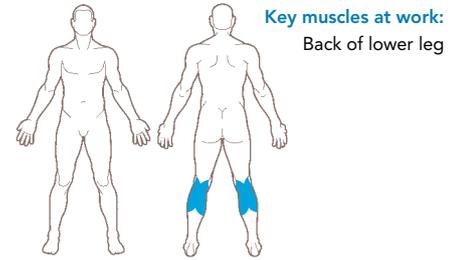
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4

Start

10) Calf stretch



Start position:

- ▶ Stand upright, hold on to a support
- ▶ Step right leg straight back, press heel firmly onto the floor



Action:

- ▶ Lean forward and bend front leg, do not bend right leg
- ▶ Hold for 15 seconds
- ▶ Return to start position
- ▶ Repeat on the other side



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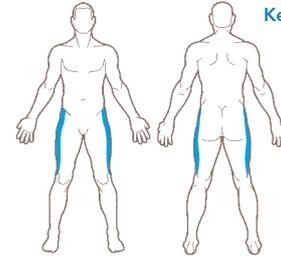
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4

Start

Key muscles at work:
Outer thigh



11) Seated outer thigh stretch



Start position:

- ▶ Sit upright, place ankle on thigh, near kneecap.



Action:

- ▶ With back straight, hinge forward till there is a mild stretch on right buttock, hip and outer thigh
- ▶ Hold for 15 seconds
- ▶ Return to start position
- ▶ Repeat on the other side



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4

Start

12) Seated inner thigh stretch



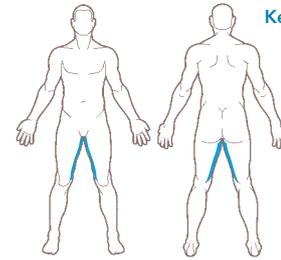
Start position:

- ▶ Sit upright, bend both knees, soles of the feet together



Action:

- ▶ Place elbows on both legs, apply a slight pressure by pressing downwards
- ▶ Hold for 15 seconds
- ▶ Return to start position



Key muscles at work:
Inner thigh



1



2

Start