



elemental
health

DAILY

STRETCH

R O U T I N E



OSTEOPATHY • MASSAGE • NUTRITION • HOMEOPATHY • NATUROPATHY • ACUPUNCTURE

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MULTI-DIRECTIONAL STRETCH MOBILITY



Start Position: Standing or sitting

Action: Slowly bend your head forward and backward, then bend to the left and to the right, followed by turning to the left and to the right. Repeat for 5-10 repetitions in each plane of movement. Repeat as required.

[Click here to watch the video demonstration.](#)



Sets: 1	Reps: -	Equipment: -
Resistance: 1	Rest (secs): -	Side: both

NECK SIDE (upper trap) STRETCH



Start Position: Place your hand over the top of your head and your other arm behind your back.

Action: Pull your head gently to the side until you feel a stretch down the side of your neck. Hold 5-10 seconds.

Key Points: Make sure you keep your shoulder down to increase the effectiveness of the stretch. Stop the stretch if you feel pain.

[Click here to watch the video demonstration.](#)

Sets: -	Reps: -	Equipment: -
Resistance: -	Rest (secs): -	Side: both

TRUNK LATERAL STRETCH



Start Position: Stand with one hand on your hip and your other hand above your head

Action: Bend to the side of the hand on your hip so you feel a stretch down your side. Hold for the required time and repeat for the other side. You can also do this with your arms crossed together above your head.

[Click here to watch the video demonstration.](#)



Sets: 1	Reps: -	Equipment: -
Resistance: 1	Rest (secs): -	Side: both

THORACIC ROTATION



Start Position: Sitting in neutral spine, arms up in the 'genie' position.

Action: Rotate to your right through your thoracic spine. Keep your hips pointing forwards and chin tucked in.

[Click here to watch the video demonstration.](#)

KNEES TO CHEST STRETCH



Start Position: Standing or sitting

Action: Slowly bend your head forward and backward, then bend to the left and to the right, followed by turning to the left and to the right. Repeat for 5-10 repetitions in each plane of movement. Repeat as required.

[Click here to watch the video demonstration.](#)



Sets: 3	Reps: -	Equipment: -
Resistance: -	Rest (secs): -	Side: both

LUMBAR ROTATION STRETCH



Start Position: Lie on your back

Action: Pull both knees towards your chest and hold for the required amount of time. You can also do one leg at a time. You can also move your knees in a circular motion each way to massage your against the floor.

Key Points: Stop the exercise if pain is experienced

[Click here to watch the video demonstration.](#)



Sets: 3	Reps: -	Equipment: -
Resistance: -	Rest (secs): -	Side: both