

# Geelong Orthotics

## Stretching



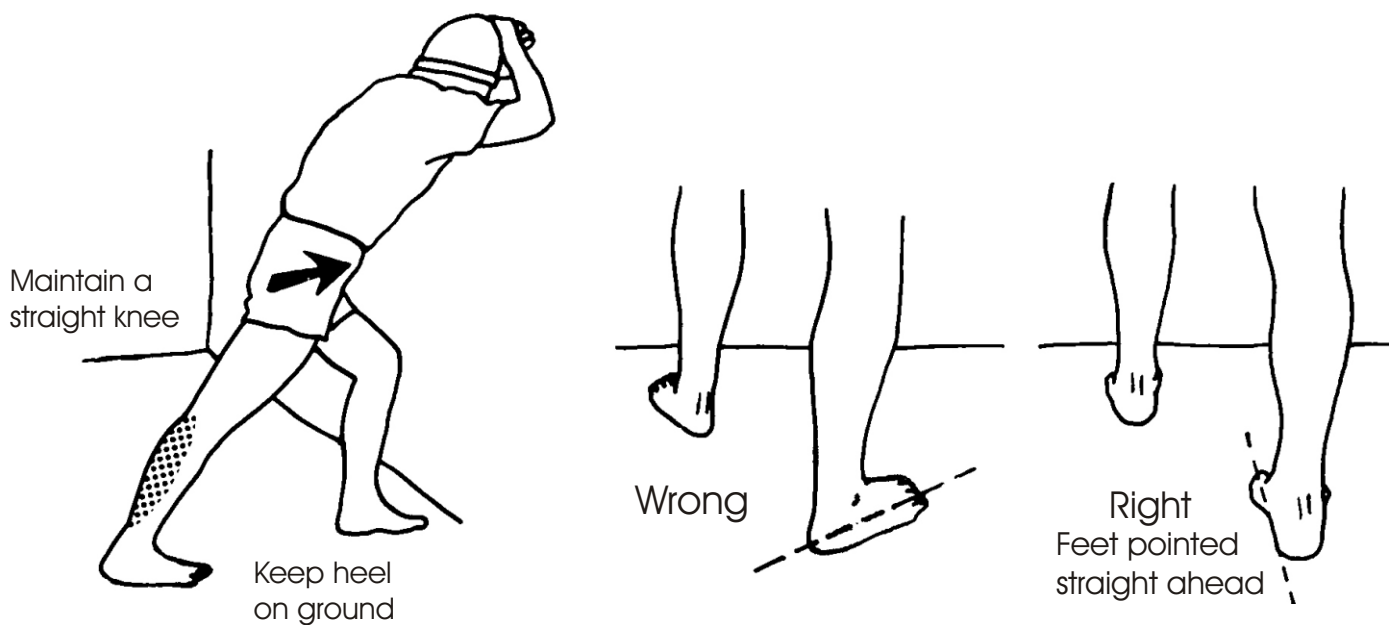
### **General Guidelines**

- Stretch each muscle group 3-4 times daily
- Maintain each stretch for 15-20 seconds
- Gently move into stretch without eliciting pain
- Don't bounce the stretched position

Stretching the right way should be a relaxed sustained movement with your attention focused on the muscle being stretched. The Wrong way is to bounce up and down, or to stretch to the point of pain, this way can lead to more harm than good

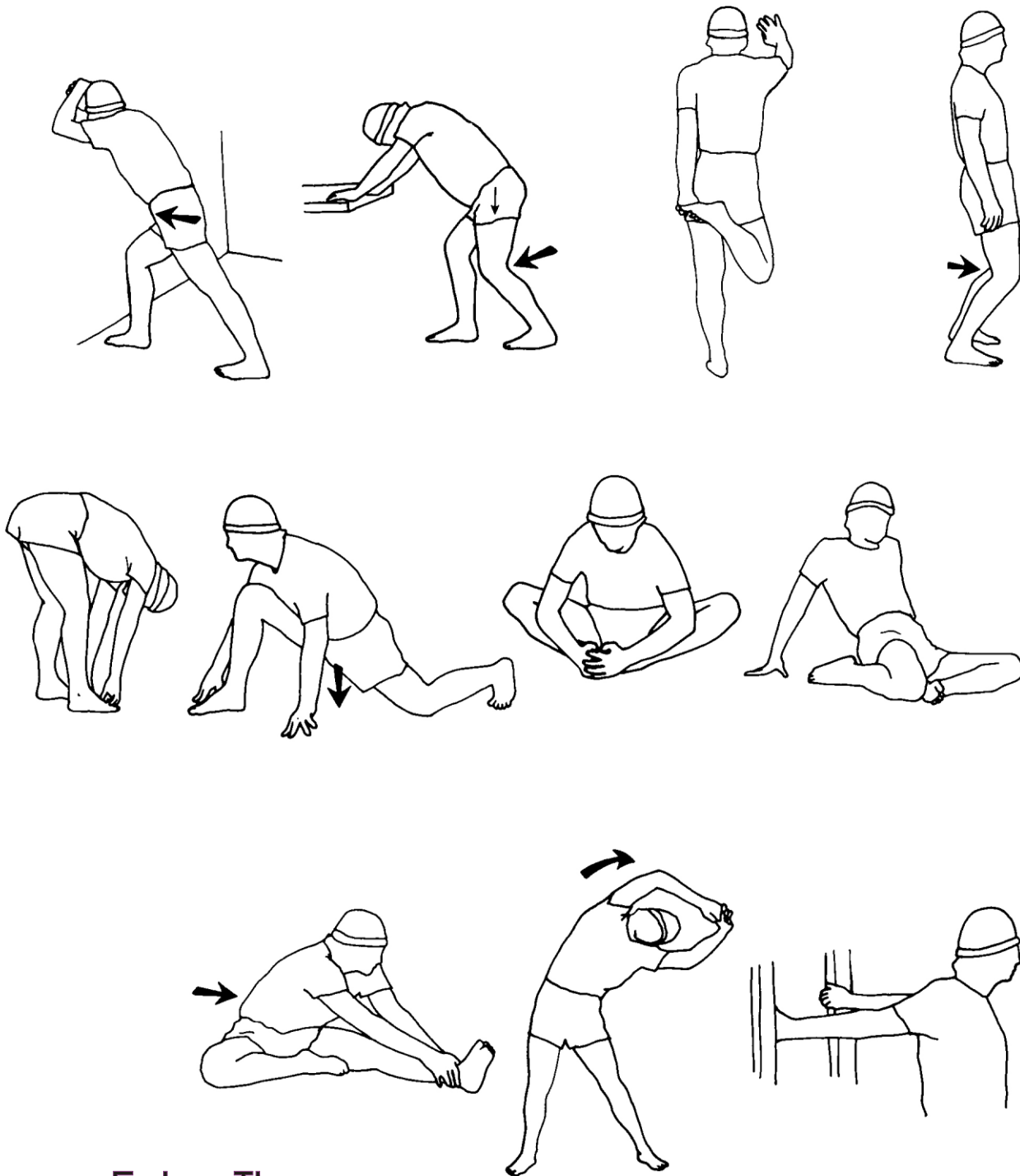
Each stretch should be moved into gently just to the point of discomfort. Maintain this position until the discomfort subsides and maintain position until the time is reached. If the discomfort is more like pain then reduce the stretch amount to a tolerable sensation. When repeating the same stretch you should try and gain a little more angle, again within pain limits.

## The Classic Calf stretch



You will find that with regular stretching your flexibility will naturally increase and become more comfortable. You will be able to go beyond your present limits and come closer to personal potential.

# General Stretching Routine



## Some Extra Tips

**Breathing:** Should be slow, rhythmical and relaxed. Exhale as you move into the stretch then breathe slowly as you hold the stretch.

**Counting:** As a beginner slowly count the seconds for each stretch. After a while, you will be stretching by the way it feels, without the distraction of counting.

**Environment:** A quiet familiar surrounding will put you in a more comfortable state without any unwanted distractions.