

Post-Workout Stretching Routine

Introduction:

At Integrity Multisport we support consistent static stretching AFTER your regular workouts. We have created a routine that should take no more than 5 minutes and can significantly help with decreasing soreness, decreasing risk of injury, and improving performance. The routine was designed in an order working from the ground up, first for the posterior muscles and then the anterior. However, the routine can be done in any order. Dynamic Stretching prior to workouts is covered in another great Integrity Multisport handout.

Gastroc and Soleus Stretching



Knee Straight

Knee Bent to 30°

Purpose: Stretching the gastrocnemius and soleus. These are the two muscles commonly referred to as your calf muscles. One originates above the knee and the other below the knee, so it is important to stretch both by doing the stretches with the knee straight and the knee bent.

Technique: Begin standing facing a wall, step, or slanted surface. Place the ball of your foot against the wall with your knee straight and lean forward until you feel a stretch in the back of your calf that is against the wall. This is done for 3 sets of 30 seconds on both sides. Repeat the same process with the knee bent, as seen in the picture on the right. When the knee is bent you may feel the stretch slightly lower in the calf.

What to Watch for: Make sure that you keep an upright back while performing the stretch and make sure you DO NOT bounce.

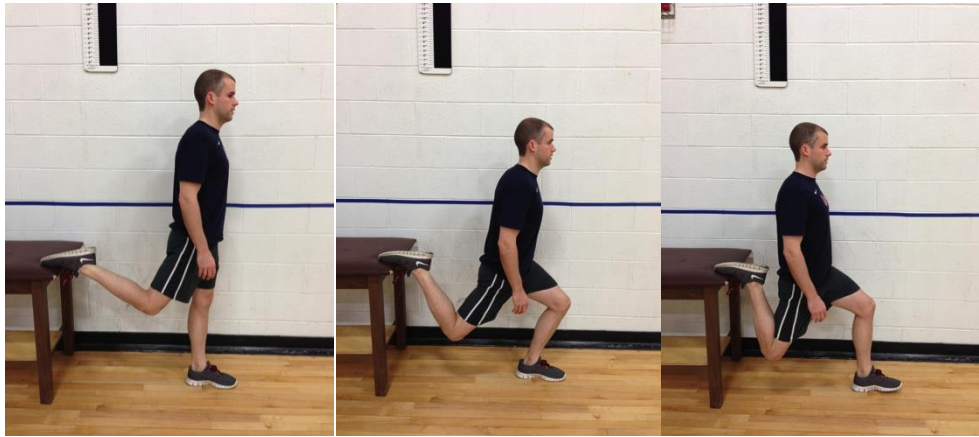
Hamstring Stretch



Purpose: Stretching the hamstring muscles. Tight hamstrings will limit speed and power, as well as increase your risk for injury.

Technique: Begin standing facing a table, step, or chair. Place the heel of your foot on top of the surface so that the leg is elevated anywhere from 12-36 in depending on your flexibility. Keeping a straight back lean forward towards your toes and tilt your pelvis forward (like you are sticking your buttocks out) This is done for 3 sets of 30 seconds on both sides.

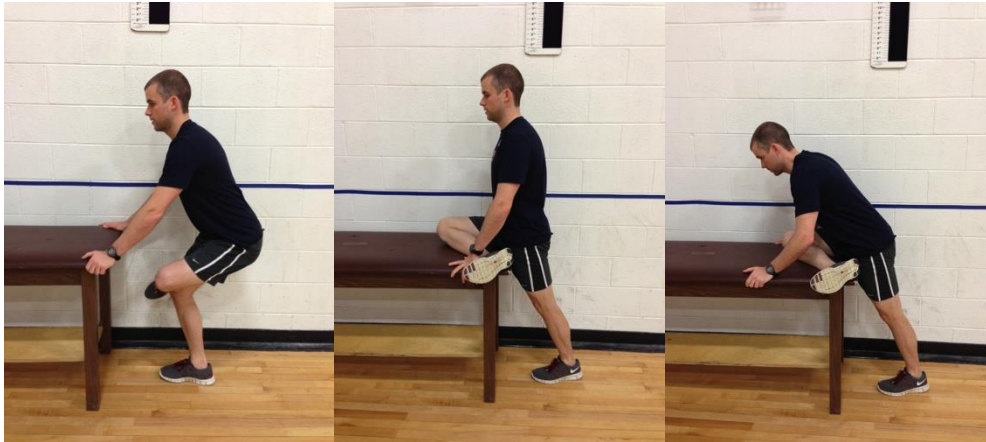
What to Watch for: Make sure that you keep a flat back while performing the stretch and make sure you DON'T bounce

Hip Flexor Stretch:**Option 1****Option 2**

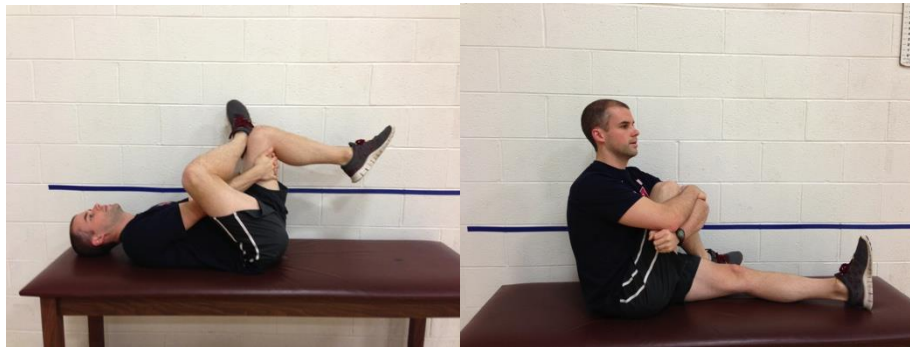
Purpose: Stretching rectus femoris and iliopsoas

Technique: Option 1: Stand next to a table or surface slightly lower than hip height. Place one leg up on the table and take a small step forward with the leg on the ground so that the foot is in front of the hip. Push your hip towards the table and then reach back and grab your ankle attempting to bring your heel to your bottom. It is important that on the leg being stretched the hip remains in close proximity to the table. Option 2: Lay face down on a table with the leg you want to stretch on the table. The opposite hip should hang off the table with the “non stretching” foot on the ground. Walk your “non stretching” foot as far forward as you comfortably can. From this position, bring your “stretching leg” heel to your bottom, grasping the foot or ankle as you are able. Each of these stretches can be done for 3 sets of 30 seconds on both sides.

Glute Stretching



Option 1a, 1b



Option 2

Option 3

Purpose: Stretching the external rotators, including Gluteus Medius

Technique: Option 1a: Stand next to a table or surface slightly lower than hip height. Grasping the table for balance, cross your right ankle over your left knee. Gently squat down and back until you feel a stretch. Option 1b: Stand next to a table or surface slightly lower than hip height. Lift your right leg up and onto the table, turning your foot in towards the midline of the body and the knee out so your leg rests parallel to the table. To intensify the stretch, lean forward *from the hips*. Option 2: Lying supine, cross the right ankle over the left knee. Lift the left knee toward the chest and grasp it for support. If needed, press the right knee away from the chest for increased stretching. Option 3: sitting upright, cross the right foot over the left knee and hug the right leg toward the chest. Be sure to sit up tall and straight. Each of these stretches can be done for 3 sets of 30 seconds on both sides.

Adductor Stretching



Purpose: To stretch the Adductor muscle group.

Technique: Stand wider than shoulder width apart, toes facing forwards (not out or in). Shift weight to the right foot, bending the knee until a stretch is felt on the inner left leg. Hold 30 seconds then slowly repeat, shifting weight to the left foot and bending the left knee. This can be done 3 times on each side.

What to Watch for: Be mindful to keep the “stretching” leg firmly planted on the ground and toes facing forward throughout the stretch.

PT Mentor Circle may provide programs with exercises related to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing such exercises. If you experience pain or discomfort, immediately discontinue the exercises and contact your clinician or physician. By voluntarily undertaking any exercise in a program provided by PT Mentor Circle, you agree that you assume the risk of any resulting injury. PT Mentor Circle will not be liable for any direct, indirect, consequential, special, exemplary, or other damages or losses that may result.

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