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**Specialist Clinic. Internal Medicine. Infectious Diseases. Hepatitis B & C. Chronic Pain.
Lifestyle Medicine Clinic. Stress Reduction Clinic**

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Stretches

Below are a few bodyweight stretches you can do from the ground that do not require any equipment. When stretching, a general rule of thumb is to hold the stretch for 30 seconds. Feel free to hold for longer if you want to. Be sure to focus on your breathing while stretching. We want to take deep belly breaths to help our bodies relax into the stretch. When breathing out, focus on slowly deepening the stretch. Be sure to only go to the depth your body allows you to enter and do not force anything.

Spinal stretches: *Cat cow.* Hands are shoulder width apart directly underneath shoulders. Knees are hip width directly underneath hips. Start by breathing in, arching your spine and looking up. Slowly exhale and round your spine, tucking your chin to your chest. Repeat 4-10 times.



Low back and side body: *Child's pose.* Feet are together and knees apart. Sit your bum back and reach your hands forwards. Press into your hands and send your bum back towards your heels more with every exhale. *Side child's pose.* Slowly walk your hands over to the side and breathe into the side that is being stretched. Take about ten deep breaths and slowly move over to the other side.



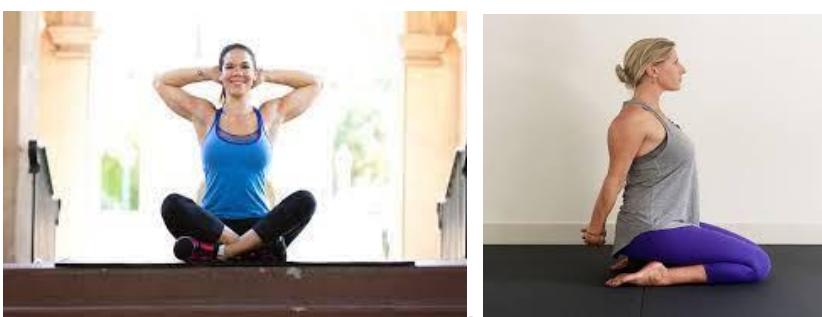
Inner thighs: *Frog pose.* Spread your knees out as wide as possible with your feet directly behind your knees and your feet flexed. Slowly send your hip back and your chest forwards. Rest your arms on the ground. Refer to the picture below on the left. *Supine butterfly.* Laying on your back, place your feet together and let your knees fall out to the side. Slowly breathe deeply and send the breath to your inner thighs, relaxing more with each exhale. Refer to the picture on the right



Head and neck: Sitting down in a comfortable position, place your hand on your opposite ear and slowly tilt your head over using your hand as a gentle guide. Your other hand will be by your side, as demonstrated in the photo. Secondly, you can place both hands behind your head and slowly bring your elbows in front of you and look towards your belly button.



Seated chest opener: Sitting in a comfortable position, clasp your hands behind your back and slowly bring your elbows back opening up your chest. Second option is to clasp your hands behind your back and slowly bring your shoulder blades together squeezing your shoulder blades together behind you. If you can, raise your hands away from your bum.



Supine side stretch: Laying down on your back, slowly bring feet and shoulders over to one side. Clasp your hands together and take a few deep breaths into the side that is being stretched before moving to the opposite side. Second image demonstrates a spine spinal twist. Start by laying on your back, bend your knees and place your arms into a T position. Slowly tilt your knees over to one side. Keep your feet on the ground and knees bent. Turn your head in the opposite direction of your knees. After a few deep breaths slowly return your head and knees to center and then proceed to stretch the opposite side.



Supine figure four stretch is for your glutes and hips. Start by laying on your back with your knees bent and feet hip width apart. Place one foot on the opposite thigh. From there you can stay and focus on pressing your knee that is up away from you. Or you can proceed further by lifting the foot that is down up, clasping your hands through and slowly bring your knee closer towards you while still pressing the other knee away from you.

