

St. Francis Sports Medicine

Flexibility Program

This is a static (passive) stretching program. Please warm-up with some form of cardiovascular work (light jog, jump rope, cycle etc.) for 5-10 minutes before starting this flexibility program. The purpose of stretching is to achieve maximum muscle length in order to balance muscle strength and flexibility. We are stretching the major muscle groups and problem areas for athletes. You can do these stretches before and after any conditioning session, practice, game or competition.

Stretching guidelines:

1. Perform each stretch 1-3 times.
2. Hold each position for 20-30 seconds.
3. Move in and out of the stretches slowly.
4. No bouncing during the stretch.
5. Stay in pain free ranges. Move toward mild tension and then hold that position.
6. Don't hold your breath.
7. Stretch consistently.

Quadriceps



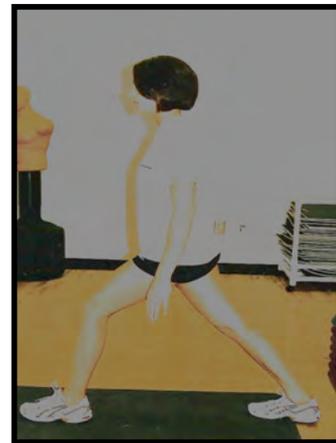
Tip: Keep knee pointing straight down and keep knees close together.

Iliotibial (IT) Band



Tip: Keep hips facing forward and don't lean forward.

Calf



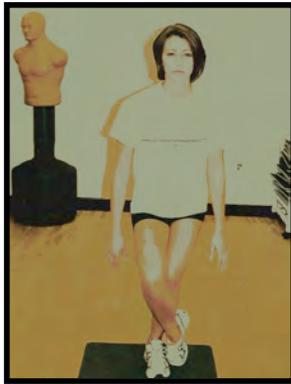
Tip: Keep trailing leg straight and heel down on the ground.



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Soleus/Shin



Tip: Point **right toe** down and sit back in a mini squat.

Hip Flexors



Tip: Keep **right knee** in line with right foot.

Hamstrings



Tip: Keep back straight and bend at the hip to feel the stretch.

Adductor



Tip: No bouncing and push Knees to floor; also can press out on knees with elbows.

Piriformis



Tip: Lift knee and foot up simultaneously and keep other knee straight.

Pecs/Biceps



Tip: Roll shoulders back and hands as high as can with keeping elbows straight.

Shoulder



Tip: Gently pull elbow to opposite shoulder but do not rotate body.

Triceps



Tip: Pull from elbow and reach toward center of upper back.

Middle Back



Arch back up to ceiling like a cat then sink down like a camel.

Low Back



Sit back on heels slowly and lower between the arms with forehead close to or resting on the floor, reach hands forward without rising up from heels.