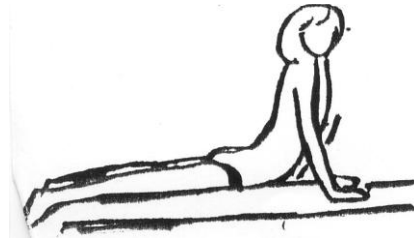


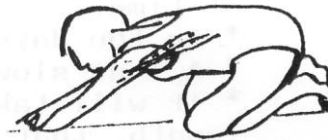
**MEAD STREET  
PHYSIOTHERAPY CLINIC**

**PRINCIPLES OF STRETCHING**

- Research suggests that 2 stretches should be held for a period of up to 30 seconds
- Never bounce your stretches or push into pain
- The stretch should be sustained, gently pushing into greater range as the tension in the muscle reduces
- The best results are achieved by doing a little bit often



Gently peel your spine off the floor



Walk your hands gently away from your body while letting your spine drop towards the floor

**SHOULDER**

Pull arm across to opposite shoulder

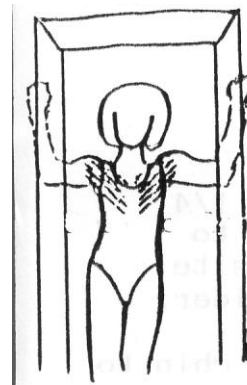


While pointing your thumb to the floor, lightly stretch your shoulder across and down



**BACK**

Gently tuck your knees towards your chest



**PECTORALS**

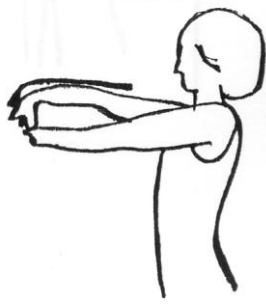
Place your elbows against the doorframe, and lean lightly forwards. Keep your back from arching.



**FOREARM**

Thumb across your palm and fingers over the top, with a straight elbow pull your palm towards your forearm

**MEAD STREET  
PHYSIOTHERAPY CLINIC**



With your other hand, press your wrist backwards with fingers pointing down

**NECK**



Depress your shoulder on the side of the stretch and use your other hand to gently move your head to look down towards the opposite armpit



With your shoulder depressed away from your ear, guide your head with your opposite hand sideways away from the side of stretch



**BICEPS**

With your fingers pointing backwards, and elbow straight, turn your body slightly away from the wall and push your shoulder forwards



**TRICEPS**

Use your opposite hand on your elbow to stretch across and behind your head

**MEAD STREET  
PHYSIOTHERAPY**

- **Sports and Manipulative Therapy**
- **Pilates**
- **Spinal Pain**
- **Headaches**
- **Work Injuries**

**Conveniently located in the heart of the Kalamunda shire, we will strive to keep you happy and healthy**