## THE DAILY **STRETCHING ROUTINE**

The "Super Six Rules" to Stretching Successfully

- Warm up (walk on the spot for 1-5 minutes)
- Do not bounce (hold in comfortable
- Breathe deeply

- Hold each stretch one repetition, for
- Be gentle (no pain)

Stretch both sides equally



**SIDE OF NECK** 



**BACK OF NECK** 



**FRONT OF NECK** 





SHOULDER/ **ROTATOR CUFF** 



**SPINAL TWIST** 



**SIDE OF SPINE** 



**THIGH** 



**HIP FLEXOR/PSOAS** 



**MIDDLE CALF** 



**LOW BACK** 



**HAMSTRING** 

©2015 Dr. Chris Oswald Revised Edition ©1998 Active and Innovative Inc. MuscleCare, a division of Active & Innovative Inc

Phone: (416) 972-6279 Fax: (416) 972-0351 Email: clinic@cffhp.com

Reprinted by permission of Sterling Publishing Co., Inc., 387 Park Avenue South, New York, NY 10016 from Stretching for Fitness, Health & Performance by Dr. Christopher A. Oswald and Dr. Stanley N. Bacso