

Stretching With Exercise Bands

Stretching can be a key part of your exercise regimen or daily routine. You can stretch anytime and anywhere! Stretching may increase flexibility and improve the range of motion of your joints by increasing blood flow to the tissues.

Here are some tips before we get started:

- Keep your stretching gentle and don't bounce. If you feel pain, you've stretched too far. Don't aim for pain.
- Expect to feel tension while you're stretching, not pain. Back off to the point where you don't feel any pain, then hold the stretch.
- Breathe normally as you stretch. Try not to hold your breath.
- Keep up with your stretching.



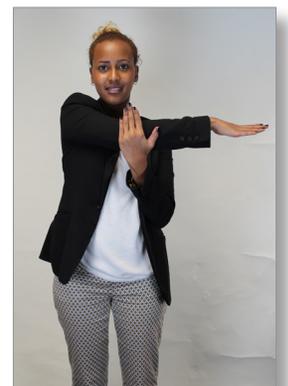
Neck Stretch:

- Bend your head forward and slightly to the right.
- With your right hand, gently pull your head downward. You'll feel a nice, easy stretch along the back left side of your neck.
- Hold for about 30 seconds. Repeat on the opposite side.



Shoulder Stretch:

- Bring your left arm across your body and hold it with your right arm, either above or below the elbow.
- Hold for about 30 seconds. Switch arms and repeat.

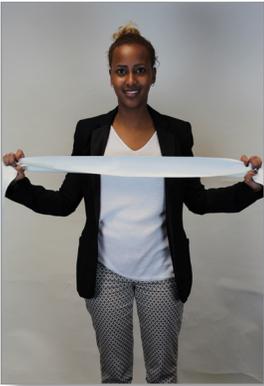


STRETCHING WITH EXERCISE BANDS



Shoulder Stretch with Exercise Band:

- Grasp the exercise band firmly with both hands behind your back.
- Gently pull the band toward the ceiling with your top hand. You'll feel a stretch in the shoulder of your opposite arm as your lower hand is gently pulled farther up your back.
- Hold for about 30 seconds. Switch hands and repeat.



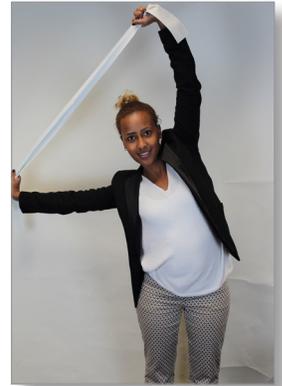
Overhead Stretch with Exercise Band:

- With arms straight out in front of your body at hip level, hold the exercise band with both hands and pull apart until you feel a little tension in the band.
- Continue to hold the band and slowly raise your arms above your head and then down your back.
- Slowly repeat the back and forth motion for 10 repetitions.



Side Stretch with Exercise Band:

- With arms straight above your head, hold the exercise band with both hands and pull apart until you feel a little tension in the band.
- Slowly lean to the left, keeping your arms straight, until you feel a stretch on the other side of your torso.
- Now straighten up, keeping your arms straight, and then slowly lean to the right until you feel a stretch on the other side of your torso.
- Slowly repeat the side to side motion for 10 repetitions.



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If you experience back pain that lasts more than two or three days or other related musculoskeletal pain, call your chiropractor for an evaluation. To find a chiropractor near you, go to www.chiropractic.on.ca.