

Complete Care Chiropractic Stretching Manual



This manual was written as a general guide to stretching, with stretches to be performed in an effort to maintain overall health. This is not a treatment plan, and is not recommended for everyone. Everyone's body is built differently, and some of these stretches may need to be modified for your specific structure and flexibility. Some people have injuries or additional health problems, and therefore, this is not intended for everyone. Please consult with your doctor before performing, to make sure that these stretches are right for you and your specific condition and body type.

I believe that stretching is very important for overall health. It is also very beneficial for athletes. Athletes experience many stresses on their musculoskeletal system throughout the training process. To maximize performance and allow for training without injury, it is important to condition your body. If an injury or discomfort occurs, addressing it quickly helps to prevent further damage.

Utilizing stretching as part of a wellness routine is helpful to maintain overall health. Stretching can also be used to help treat different conditions and injuries, but that is not the purpose of this manual. If an injury occurs, it is important to consult with your doctor of chiropractic, or other medical provider for an evaluation, as every person and every injury is different. From here, a treatment plan can be discussed which may include other treatment options as well as a customized stretching and/or exercise routine. Chiropractors treat musculoskeletal injuries, and can help you achieve your personal health goals. This may include the evaluation and treatment of an injury that has occurred, maintaining wellness, or maximizing your performance and overall health. The goal of this manual is to provide a resource guide for general stretches to help maintain a healthy, balanced body.

The stretches in this manual are designed to allow for versatility. They can be performed at most places, without the need of additional props to do so. They use either a wall (or any other sturdy structure), the floor, or your own body to provide the counter force and hold the stretch.

The stretches are organized in an effort to maximize convenience, to promote consistency with your stretch routine. All standing stretches are listed first, followed by the seated and lying floor stretches. To look up specific body parts to stretch, please refer to the index list.

It is my goal to provide a source of general stretches. Stretches can help to improve overall health as well as prevent injuries. I promote a regular stretching routine and strive to help people feel better and live a healthy life.



Dr. Niccole Jefferlone
Complete Care Chiropractic, P.C.
6470 Main St. Ste. 2
Williamsville, NY 14221
716-580-3577
comcarechiro.com

©2016, Niccole Jefferlone, B.S., D.C. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means without the prior written permission of the publisher. Any unauthorized copying or re-creating will constitute an infringement of copyright. All rights reserved.

CONTENTS

GENERAL STRETCHING GUIDELINES.....	pg 3
CHAPTER I. WALL/STANDING STRETCHES.....	pg 4
Calf.....	pg 4: 1A, 1B
Gastrocnemius.....	pg 4: 2
Soleus.....	pg 4: 3
Shins.....	pg 4: 4A-C
Quadriceps.....	pg 4: 5A-C
Hamstring.....	pg 5: 6A, 6B
Gluteus Maximus.....	pg 5: 7A, 7B
Piriformis.....	pg 6: 8A, 8B
Iliotibial Band.....	pg 6: 9
Hip Flexors.....	pg 6: 10A-C
Anterior Shoulder/Biceps.....	pg 7: 11A, 11B
Pectoralis.....	pg 7: 12A-12G
Posterior Lower Leg.....	pg 8: 13A-C
Torso/Back.....	pg 8: 14A-G
CHAPTER II. SEATED FLOOR STRETCHES.....	pg 9
Adductors.....	pg 9: 15A, 15B
Medial and Posterior Leg.....	pg 9: 16A, 16B
Posterior Leg.....	pg 9: 17
Latissimus Dorsi.....	pg 9: 18
Posterior Shoulder.....	pg 10: 19A-C
Neck.....	pg 10: 20A-D
Triceps.....	pg 10: 21A, 21B
Glute Medius/Minimus (Med/Min).....	pg 10: 22A, 22B
Posterior Body.....	pg 11:23
Posterior Neck and Back.....	pg 11: 24A, 24B
Posterior Shoulder and Latissimus Dorsi.....	pg 12: 25A-25C
Forearm Extensors.....	pg 12: 26A, 26B
Forearm Flexors.....	pg 12: 27A, 27B
CHAPTER III. LYING FLOOR STRETCHES.....	pg 13
Abdominals.....	pg 13: 28A-D
Piriformis.....	pg 13: 29A-C
INDEX.....	pg 14

GENERAL STRETCHING GUIDELINES

- 1) Stretches in this manual may be demonstrated on one side. However, stretches are to be performed on both sides, unless instructed otherwise by your doctor.
- 2) Perform these positions until you feel the stretch, but not to the point of pain. If you push past a comfortable stretch, it is possible to over-stretch and an injury may occur. Once you're in the proper position, do not bounce. Simply hold the stretch.
- 3) A good general guide is to hold the stretch for 15 seconds.
- 4) Your stretching frequency can be customized depending on your goals, your body, and your condition. For a general wellness/maintenance stretching protocol, I recommend 3-4X per week which may include post workout stretching. I recommend stretching after every workout.

RECAP: Get into your position with good form, find the point of a comfortable stretch without pain, and hold this placement for 15 seconds. Then repeat on the opposite side. Now move on to the next stretch and repeat the process.

I.WALL/STANDING STRETCHES



1A. Calf Stretch
Place foot against wall, then lean forward.



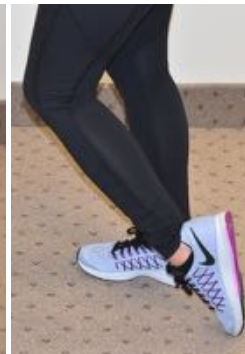
1B.



2. Gastrocnemius (calf)
With back leg straight, lunge forward.



3. Soleus (calf)
With back knee bent, lunge forward.



4A. Lateral Shins **4B. Antero-lateral Shins** **4C. Anterior Shins**
Place gentle and controlled pressure on the outside of your foot and leg to stretch the outside of your leg. Repeat at a diagonal angle (4B), and again pointing toes back to stretch the front portion of your leg (4C).



5A. Quadriceps



5B. Medial Quad.



5C. Lateral Quad.



Using the same arm, grab your foot and gently pull it up, as shown (5A). Then slightly turn foot outwards to stretch the inside of your quad.(5B). Repeat again turning foot inward (5C).



6A. Hamstring and Posterior leg

Point the toes of the front foot (Foot being stretched) up, putting slight pressure on your heel, and then lean forward with your body using the wall to brace yourself. This will stretch the back of your leg. This can also be performed again with your toe pointed in, and then with your toe pointed out. This will localize the stretch to each side, in addition to the middle fibers of the muscle.



7A. Gluteus Maximus (Glute. Max.)

From the above position (6A), bend your knee as you sit back towards your buttocks. You will feel the stretch shift higher, to stretch the muscles in your buttocks.



6B. Hamstring and Posterior leg
Straight leg, with body leaning forward.



7B. Gluteus Maximus (Glute. Max.)
Bent knee with body leaning back



8A. Piriformis

Use the wall to brace yourself with your hand closest to the wall. Then cross the opposite ankle on your other knee. Next, Place your outside hand on your outside knee. Next, as pictured (8B), slightly push the knee down while gently leaning your chest towards the floor.



8B.



9. Iliotibial Band (IT Band)

Place your inside hand against the wall to brace yourself. Cross the outside leg behind the inside leg. Then reach your outside hand across towards the wall, as shown.



10A. Hip Flexors



10B.



10C.

Stand with one knee bent forward and one foot behind you, as shown (10A). Extend same hand as the foot behind you to the ceiling while using the other arm to brace you against the wall for stability (10B). Some may feel the stretch already at this point. If this is the case, hold it here. If you do not yet feel the stretch, you can lunge forward with your bent knee (10C). The stretch will be in the hip flexor of the straight leg being you.



11A/11B. Anterior Shoulder/Biceps

With an *open shoulder*, press the palm of your hand against the wall, and gently lean your body into the stretch. *It is important to make sure that your shoulder is not rolling forward, as this can pinch the muscles in your shoulder.



12A/12B. Pectoralis (Pecs)

Place your forearm flat against the wall with palm against the wall and elbow making a 90 degree angle. Next, gently lean your body towards the wall.



12C/12D. Perform Pec. stretch again with elbow approximately 3 inches higher.



12E/12F. The Pectoralis stretch can be performed bilaterally with a wall corner.



12G.



13A. Posterior Lower Leg



13B.



13C.

With feet flat on the ground, bend forward reaching your hands to the ground (13A). Perform again with right foot crossed over the left (13B), and then again with left foot crossed over the right (13C).



14A. Torso/Back



14B.



14C.



14D.

Reach your arm above your head to the side as pictured, stretching the opposite side of your torso and hold (14A). Then continue in a circular motion to stretch entire torso/back 14B-G.



14E.



14F. Reaching slightly back 14G.



II. SEATED FLOOR STRETCHES



15A. Adductors



15B.

Place bottoms of your feet together (15A), then lean forward (15B).



16A. Medial and Posterior Leg



16B.

Stretch both legs out to the side as far as you comfortably can while keeping them flat to the ground (16A). Lean forward and hold (16B).



17. Posterior Leg (Hamstrings/Calf)

With opposite knee bent, stretch the other leg out and reach towards your foot as shown. If you are comfortably able to grab your toes and stretch them back, you will get a deeper stretch into your calf.



18. Latissimus Dorsi (Lats)

From the previous position (17), reach your opposite arm above your head and across your body to grab your toes. You can deeped the stretch by pointing toes to lengthen arm and stretch lats further.



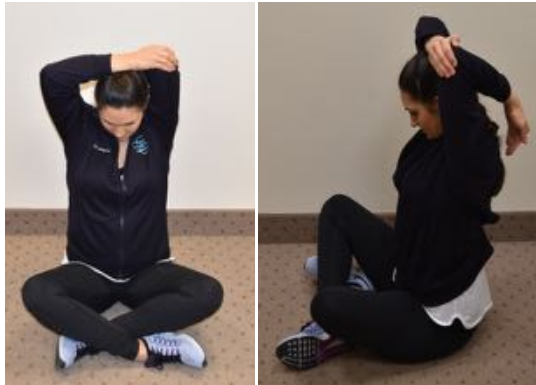
19A. Posterior Shoulder 19B. 19C.

Reach one arm across your body. Then grab your wrist or forearm with your other hand and pull it towards your body (19A). Then repeat at both an upward (19B) and a downward angle (19C), to stretch all the fibers of the muscle.



20A. Neck 20B. Upper Trapezius 20C. Levator Scapulae 20D. SCM

Bend one arm behind your back, with the other hand on your head (20A). Next stretch head to the opposite side as shown (20B). From here, tilt head at a downward angle as shown (20C). Finally, tilt head slightly backwards with chin tilted towards bent arm and up, as shown (20D).



21A. Triceps 21B. (Side View)

Raise one arm above your head and bend it back towards your shoulder blade. Place the other hand on your bent elbow and gently push the elbow backwards, stretching your triceps.



22A. Glute Med/Min 22B.

Place one foot across your straight leg and pull your thigh to the opposite side and hold (22A). From there, pull the crossed leg in towards your chest (22B).



23. Posterior Body (including back, and legs)

With both legs stretched flat on the ground, reach forward towards your feet with your chin to your chest and hold.



24A. Posterior Neck and Back

From the previous position, place both hands on your head and gently pull your head and body down towards your legs. The stretch will be down the back of your neck and your spine.



24B.

From the above position, gently tilt head down and slightly to one side. This will stretch the opposite side of your spine down your back.

Repeat again tilting head to the other side.



25A. Posterior Shoulder and Latissimus Dorsi (Lats)

This stretch may require some flexibility to perform

First reach arm above your head (25A). Next, reach your elevated arm across your body to grab the opposite foot (25B). From here, point your toes to pull your arm forward (25C). This will provide the stretch, and you are to hold here.



25B.



25C.



26A. Forearm Extensors 26B.

Straighten one arm out in front of yourself with a straight elbow. Make a fist with that hand with fingers pointed to the floor. Place the other hand over your fist and place a gently pressure, further stretching your hand down. The stretch will be felt along your forearm extensors (26A). Repeat again with your elbow slightly bent to localize lower (26B).



27A. Forearm Flexors 27B.

Turn your straight arm over so that your palm is facing up towards the ceiling with an open palm. Place the other hand over your fingers, and stretch your fingers down towards your body. This will stretch your forearm flexors (27A). Repeat again with elbow slightly bent to localize the stretch lower towards wrist (27B).



III. LYING FLOOR STRETCHES



28A. Abdominals



28B.



28C.

Lay down with your stomach on the ground and hands pressed on the ground as shown (28A). From here, push with your hands against the ground to elevate your torso off the ground to a comfortable position (28B). You will feel the stretch through your abdominals. Continue to straighten arms for a deeper stretch, if you are comfortably able to (28C/D).



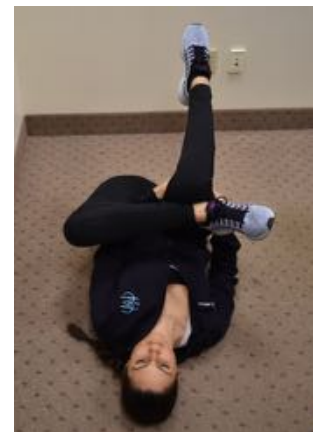
28D.



29A. Piriformis



29B.



29C.

Laying on your back, bend one knee up (right in photo), and cross the other leg onto your bent knee with your left ankle resting on your bent knee (29A). From here lift the bent knee, bringing your other leg towards your chest (29B). Next, reach both arms behind right leg and pull towards your chest for a deeper stretch and hold (29C). Repeat on the other side.

INDEX

MUSCLE GROUP

Abdominals-pg 8: 14A, 14E, 14F, 14G
pg 13: 28A, 28B, 28C, 28D

Adductors-pg 9: 15A, 15B, 16A, 16B

Back- pg 8: 14A, 14B, 14C,14D,14E, 14F,14G
pg 11:22, 24A, 24b

Biceps-pg 7: 11A, 11B

Calf- pg 4: 1A, 1B, 2, 3
pg 5: 6A, 6B
pg 8: 13A, 13B, 13C
pg 9: 17
pg 11: 23

Forearm Extensors- pg 12: 26A, 26B

Forearm Flexors- pg 12: 27A, 27B

Gastrocnemius (see "calf" also) -pg 4: 2

Glutes- pg 5: 7A, 7B
pg 10: 22A, 22B

Hamstring-pg 5: 6A, 6B
pg 8: 13A, 13B, 13C
pg 9: 16A, 16B, 17
pg 11: 23

Hip Flexors-pg 6: 10A, 10B, 10C

Iliotibial Band (IT Band)-pg 6: 9

Latissimus Dorsi (Lats)- pg 9: 18
pg 24: 25A, 25B, 25C

Neck- pg 10: 20A, 20B, 20C, 20D
pg 11: 24A, 24B

Pectoralis- pg 7: 12A, 12B, 12C, 12D, 12E,
12F, 12G

Piriformis- pg 6: 8A, 8B
pg 13: 29A, 29B, 29C

Quadriceps- pg 4: 5A, 5B, 5C

Shins- pg 4: 4A, 4B, 4C

Shoulder:

Anterior Shoulder -pg 7: 11A, 11B
Posterior Shoulder- pg 10: 19A, 19B,
19C
pg 11: 22

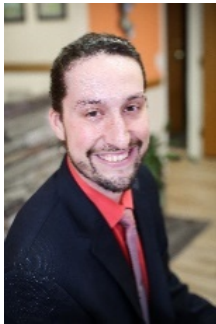
Soleus (see "calf" also) -pg 4: 3

Torso- pg 8: 14A, 14B, 14C, 14D, 14E, 14F,
pg 13: 28A, 28B, 28C, 28D

Triceps-pg 10: 21A, 21B



Niccole Jefferlone, B.S., D.C.



William Hecht, B.S., D.C.



Gregory Baumler, B.S., D.C.



Chiah Chadwick, LMT



Patrick Alf, B.S., D.C.

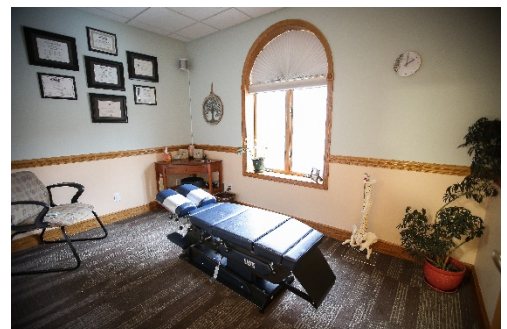


Julia Stobert, M.S., D.C.



James Githens, LMT

Complete Care Chiropractic
6470 Main Street Suite 2
Williamsville, NY 14221
716-580-3577



Open 7 Days a Week!