



LOOSEN UP DURING LOCKDOWN

PHYSIOTHERAPY DEPARTMENT
MONAGHAN/CAVAN CHILD DEVELOPMENT
TEAM



- **10 minute stretching session**
- **Hold each stretch for 20 seconds.**



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

1. SHOULDER STRETCH



- ❖ Place your right hand behind your head.
- ❖ Use your left hand on your right elbow to gently push your right hand further down your back
- ❖ You should feel the stretch down your arm and the front of your armpit
- ❖ Hold for 20 seconds
- ❖ Switch arms to stretch your left arm down your back
- ❖ Complete 3 times for each arm



2. TRUNK STRETCH



- ❖ Stand up or sit as straight as possible
- ❖ Reach your right hand up over your head and stretch it as far as comfortable towards the floor on your left side
- ❖ You should feel the stretch down the right side of your trunk
- ❖ Hold for 20 seconds
- ❖ Switch arms to reach your left arm, overhead, and stretch it towards the right side
- ❖ Repeat 3 times on each side



3. LOW BACK COBRA STRETCH



- ❖ Lie on the floor on your stomach
- ❖ Put your hands on the floor under your shoulders
- ❖ Push up through your hands, lifting your head, shoulders and chest up off the floor
- ❖ Keep your hips and legs on the floor
- ❖ You should feel the stretch along your back
- ❖ Hold for 20 seconds
- ❖ Repeat 3 times

4. HIP FLEXOR STRETCH



- ❖ Kneel on your right knee, with your left foot on the floor in front
- ❖ Allow your left knee to move over your left toes, without moving your left foot on the floor
- ❖ You should feel a stretch down the front of your right upper leg
- ❖ Hold for 20 seconds
- ❖ Switch legs and perform this stretch on your left leg
- ❖ Repeat 3 times on each side



5. HAMSTRING STRETCH



- ❖ Sit with your right leg out straight in front of you, with your left knee bent
- ❖ Point your right toes up towards the ceiling
- ❖ Reach both your hands towards your right foot as far as you find comfortable
- ❖ You should feel the stretch at the back of your leg
- ❖ Hold for 20 seconds
- ❖ Switch legs to complete the same stretch on your left leg
- ❖ Repeat 3 times on each leg



6. CALF STRETCH



- ❖ Place both your feet and hands flat on the floor, with your bottom up to the ceiling
- ❖ Try to push the heels of both your feet down in to the ground, while keeping your knees straight
- ❖ You should feel the stretch in the back of your lower legs
- ❖ Hold that position for 20 seconds
- ❖ Repeat 3 times

