

HILTON HEAD HEALTH'S BASIC STRETCHES 'ALL CARS SHOULD HAVE QUICK BRAKES'



ACHILLES & CALF

- Place one foot forward and take a long, but comfortable, step backward with the other foot
- Heels should be flat on floor, toes forward
- Hold for 20-30 seconds
- Bend the back knee slightly to increase the stretch

SHIN

- Stand and cross right leg in front of the left
- The toes of the right foot are touching the floor, with the top of the right foot facing forward
- Bend the left leg slightly to feel the stretch in the right shin
- Hold for 20-30 seconds
- Repeat with opposite legs

HAMSTRING

- Place right foot forward, and take a short step back with the left foot
- Wight your weight on your left leg, sit back into the hip
- Extend leg keeping heel on the ground and toes pointed up
- Lean chest toward the right thigh, keeping head up
- Hold for 20-30 seconds
- Repeat with opposite legs

QUADRICEPS

- Stand with knees slightly bent. Bend the right leg, and take hold of right foot with right hand (or place right foot on wall behind, if you cannot reach foot)
- Stand straight
- Keep knees together
- Hold for 20-30 seconds
- Slowly release right leg and repeat with left leg

BACK

- Stand with legs shoulder width apart, knees slightly bent
- Create a pelvic tilt by pulling abdominals in and tucking hips under
- Extend arms to the front, clasp hands, pushing palms away from you
- Hold 20-30 seconds

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