



STRETCHING

Resource guide from the Education
Department of The Miami Project to
Cure Paralysis

WHY STRETCH?

- ◉ Increase range of motion
- ◉ Reduce muscle tension to make your body feel more relaxed
- ◉ Promote circulation
- ◉ Help coordination by allowing easier movement
- ◉ Prepare muscle for activity

HOW TO STRETCH

- ◉ Hold stretch for 15-30 seconds to the point of mid-tension
- ◉ Do not bounce up and down (that's called ballistic stretching) or to the point of pain
- ◉ Breathe slowly and in a controlled manner; exhale as you stretch throughout, do not hold your breath

WARM-UP (5 MINUTES)



Arm cycle



Vitaglide



ALTERNATIVE WARM-UP

Arm spinning

TRICEPS STRETCH

Hold your right elbow with your left hand, then gently pull elbow behind the head until an easy stretch is felt in the back of upper arm; Hold for 15-30 seconds. Repeat with other arm.



Quadriplegia



Paraplegia

Perform the stretch to the best of your abilities
without losing your balance

REAR DELTOID STRETCH

To stretch shoulder and middle of back, gently pull your elbow across your chest towards your opposite shoulder until you feel a comfortable stretch; Hold for 15-30 seconds. Repeat with other arm.



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ARMS & UPPER BACK STRETCH

Interlace your fingers and arms extended out in front of you at shoulder height. Turn palms outward as you extend your arms forward to feel a stretch in your shoulders and middle of upper back; Hold for 15-30 seconds.



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CHEST STRETCH

Interlace your fingers behind your head and keep your elbows straight out with upper body in good alignment (may ask for assistance for better stretch); Hold for 15-30 seconds.



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FOREARM STRETCH

Extend your left arm in front of you with palm out and fingers down; With your right hand, pull back fingers to stretch your forearms; Hold for 15-30 seconds. Repeat with other arm.



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BACK STRETCH

While keeping your hips pointed straight ahead, turn your upper body to the right; Hold for 15-30 seconds. Repeat on other side.



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SHOULDER SHRUGS

Pull the top of your shoulders towards your ears, until you feel tension on the top of your shoulders; Hold for 15-30 seconds.



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NECK STRETCH

With good posture, gently tilt your head to the left side and pull your right shoulder down. You may help pull with left hand. Hold for 15-30 seconds. Repeat on the other side.



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