

FLEXIBILITY EXERCISES

Here are some exercises that Dr. Dembe demonstrated to attendees at Idea City, 2009

SIMPLE, DEEP BREATHING

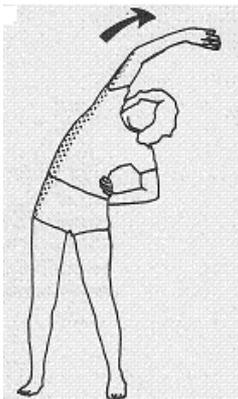
- Take a deep breath in through your nose to a mental count of 4.
- Hold your breath for a count of 7.
- Exhale completely through your mouth to a count of 8.
- This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths.

STANDING STRETCHES

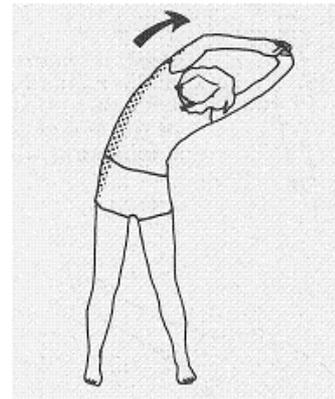


Arms up Chair Sit

Stand with legs shoulder-width apart and feet pointed straight ahead. Raise arms up from your sides in front of your body, at the same time tighten your pelvic muscles and slowly lower your bottom as if you are going to sit on an imaginary chair. Hold position for 10-20 seconds. Slowly stand up. Repeat exercise 3-4 times.



Arms up - Lateral Stretch



Stand with your feet about shoulder-width apart and toes pointed straight ahead. Keeping your knees slightly bent (1 inch), place one hand on your hip for support while you extend your other arm up and over your head. Now slowly bend at your waist to the side, toward the hand on your hip. Move slowly; feel a good stretch. Hold and relax. Gradually increase the amount of time you are able to hold the stretch (easy stretch or 10-15 seconds). Repeat for other side. Always come out of a stretch slowly and under control. No quick or jerky movements.

Stand - Cross Leg - then Lower your Body- for Glutes

Stand with your feet about shoulder-width apart, raise your left leg up and place the left side of your left ankle on your knee. Lower your body down slowly by bending your right leg (if you are having problems staying balanced while in a lowered position hold onto something.) Move slowly; feel a good stretch. Hold and relax. Gradually increase the amount of time you are able to hold the stretch. Repeat for other side.

Push Ups -- Using Back of a Chair

Stand facing a chair at arms length with your feet pointed straight ahead, place your hands on the top back of the chair in front of you. Lower your body while only bending your arms. This is a standing push up. Hold stretch/position for 10-20 seconds. Repeat 2-3 times.



Leg on Chair - Quads & Psoas

Place the ball of your foot up on a secure support of some kind. Keep the down leg pointed straight ahead. Bend the knee of the up leg as you move your hips forward. This should stretch your groin, hamstrings and front of hip. Hold for 20 seconds. This stretch will make it easier to lift your knees. If possible, for balance and control use your hands to hold onto something. Do stretch for both legs.

STRETCHES - UPPER BODY



Lateral Head Stretch - Trapezius

Start with head in a comfortable, aligned position. Slowly, tilt head to left side to stretch muscles on side of neck. Hold stretch for 10-20 seconds. Feel a good, even stretch. Do not overstretch. Then tilt head to right side and stretch. Do 2-3 times to each side.



Hands behind back bend forward raise arms up

This stretch is done with fingers interlaced behind your back. Slowly turn your elbows inward while straightening your arms. An excellent stretch for your shoulders and arms. This is good to do when you find yourself slumping forward from your shoulders. This stretch can be done at any time. Hold for 5-15 seconds.



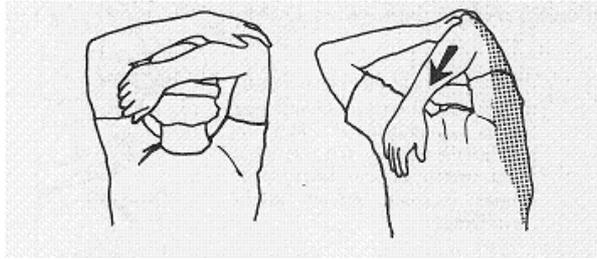
Arm Cross - Shoulder Stretch

To stretch your shoulder and middle of upper back, gently pull your elbow across your chest toward your opposite shoulder. Hold stretch for 10 seconds.



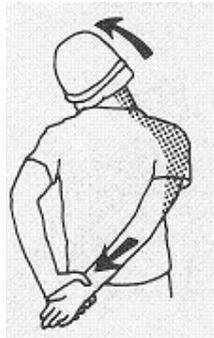
Shoulder Shrug - Forwards & Backwards

Raise the top of your shoulders toward your ears until you feel slight tension in your neck and shoulders. Hold this feeling of tension for 3-5 seconds, and then relax your shoulders downward into their normal position. Do this 2-3 times. Good to use at the first signs of tightness or tension in the shoulder and neck area.



Arm - Back and Shoulder stretch

Here is a simple stretch for your triceps and the top of shoulders. With arms overhead, hold the elbow of one arm with the hand of the other arm. Gently pull the elbow behind your head, creating a stretch. Do it slowly. Hold for 15 seconds. Do not use drastic force to limber up. Stretch both sides. Does it feel like one side is a lot tighter than the other side? This is a good way to begin loosening up your arms and shoulders. You can do this stretch while walking, sitting or standing.



Neck - Shoulder Stretch

To stretch the side of your neck and top of shoulder, lean your head sideways toward your left shoulder as your left hand pulls your right arm down and across, behind your back. Hold an easy stretch for 10 seconds. Do both sides. This stretch can be done sitting on the floor, in a chair or while standing.

Stretching - Lower Body

Figure 4 - Head to Toe

To stretch the lower back muscles, sit on the edge of a chair (not too close so that you will fall forward/off). Place your legs shoulder-width apart. Place your hands on your hips with your elbows extending outwards from your body. Twist your body slightly to the left and lower your right shoulder to your left knee. Hold the stretch for 10-15 seconds. Slowly raise your body back up to a sitting position and repeat for the other shoulder.



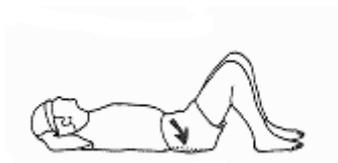
Knee to Opposite Shoulder

Hold on to your lower left leg just below the knee. Gently pull it toward your chest. To isolate a stretch in the side of your upper leg, use the left arm to pull the bent leg across and toward the opposite shoulder. Hold for 30 seconds at an easy stretch tension. Do both sides.



Cross Leg - Outer Thigh Stretch

With your left foot resting to the outside of your right knee, pull your knee across your body toward your opposite shoulder until an easy stretch is felt on this side of the hip. Hold for 20 seconds. Do both sides



Pelvic Tilts

To relieve tension in lower back area, tighten your butt (gluteus) muscles and, at the same time tighten your abdominal muscles to flatten your lower back. Hold this tension for 5-8 seconds, and then relax. Repeat 2-3 times. Concentrate on maintaining constant muscle contraction. This pelvic tilting exercise will strengthen the butt and abdominal muscles so that you are able to sit and stand with good posture. Use these tensions controls while sitting and standing. (This exercise may also be performed while standing.)



Raised Arms Stretch

Interlace fingers then turn palms upwards above your head as you straighten your arms. Think of elongating your arms as you feel a stretch through arms and upper sides of rib cage. Hold for 10-20 seconds. Hold only stretches that feel releasing. Do three times. Excellent for slumping shoulders.



Trunk Rotation

A stretch for the side of hip, lower and middle of back, Sit with left leg bent over right leg, then rest elbow or forearm of right arm on the outside of the upper thigh of the left leg. Now apply some controlled, steady pressure toward the right with the elbow or forearm. As you do this look over your left shoulder to get the stretch feeling. Hold for 15 seconds. Do both sides.