




A Guide Of Common Passive Stretching Exercises

General Remarks:

- ☐ Please consult your therapists to know the range of joint(s) motion to be stretched and any special precaution;
- ☐ All passive stretch exercises should be performed with slow speed and adequate force.
- ☐ In case with joint dislocation or subluxation, advice from your doctor or therapist is essential.

	<p>Major muscle stretch: Iliopsoas</p> <p>Method :</p> <p>Supine lying, lift up one of the leg with hip and knee flexed while maintaining the opposite leg straight until resistance is felt, maintain 30 secs, then stretch another leg, two times for each leg.</p>
	<p>Major muscle stretch: Rectus Femoris</p> <p>Method :</p> <p>Prone lying, stabilize the buttock to maintain the position of pelvis, lift up the thigh slowly until resistance is felt, maintain 30 secs, then stretch another leg, two times for each leg.</p>
	<p>Major muscle stretch : Hamstrings</p> <p>Method:</p> <p>Supine lying, lift up one of the leg with the knee straight until resistance is felt, maintains 30 secs, then stretch another leg, two times for each leg.</p>



Method muscle stretch: Gastrocnemius

Method :

Supine lying, grasp tightly on the heel, with palm pressed on the sole of the foot, while the other hand pressing on the knee to keep it straight, slowly pushes on the foot to lift up the ankle until resistance is felt, maintain 30 secs,
Repeat two times for the each leg.



Major muscle stretch: Oblique muscles of Abdomen

Method :

Supine lying, stabilize the position of the shoulder and push the pelvis of the same side to the opposite direction until resistance is felt, maintain 30 secs.
Repeat two times for each side.



Major Muscles stretch: Shoulder extensors

Method :

Supine lying, hold the elbows and rotate the shoulders externally, slowly lift up both arm towards the head, maintain the arms as close to the ears of the subject as possible until resistance is felt for 30 secs.
Repeat two times. In case of very tight shoulder muscles, stretch one by one.



Major muscles stretch: Elbow, wrist and finger flexors

Method :

Supine lying, support the elbow and grasp on the fingers and keep them straight, extends the wrist until resistance is felt, maintain for 30 secs, repeat 2 times for each hand.



Major muscle stretch: Pronator

Method :

Supine lying, support the elbow and grasp on the forearm, rotate the forearm to make the palm facing upward until resistance is felt, maintain 30 secs.
Repeats both arms two times.