



"BEST EVER" STRETCHES

These stretches are recommended for elite & recreational athletes, & fitness enthusiasts. Tight muscles inhibit joint movement and are responsible for many acute & chronic injuries. Don't neglect your stretching regime – it is a key to attaining peak performance & long term health!

GENERAL GUIDELINES: Stretch warm muscles 3-7x/week; hold each stretch 1-2 minutes.
 *If you have specific strength &/or stretching needs, please see a qualified physiotherapist or strength & conditioning coach.

RECOMMENDED STRETCHES:



**External Rotators
Gluteal Muscles**



**Iliotibial Band
Vastus Medialis**



**Piriformis
Muscles**



**Hip Flexors
Tensor Fascia Latae**



Biceps



**Hamstrings
(use wall or hold towel)**



**Thoracic Spine
Pectoralis Muscles**



**Gastrocnemius
(straight knee)
Soleus
(bent knee)**



**Latissimus Dorsi
(+ pull to side)**



**Quadratus Lumborum
Latissimus Dorsi**



Pectoralis Group



**Posterior Shoulder
(pull shoulder blade back)**



Back & Pectoralis Muscles



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 Stark, S.; The Stark Reality of Stretching, 1997; The Stark Reality Corp., Richmond, BC, Canada / Wilkinson, A. Stretching the Truth: A review of the literature on muscle stretching, 2002; Aust. J. Physio. Vol. 38: 283-287

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