



# Beginner's Guide to Active Isolated Stretching



# Two Part Hamstring-Gluteal Stretch



## Part 1

Lying flat on the floor, lengthen your legs straight out in front of you with toes pointing toward the sky and hold your hips square. Your shoulder and head remain flat on the floor.



Place strap or a belt around the ball of the foot, while keeping your knee straight and locked.

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Grasp the strap and gently pull to lift your leg. Keep your leg straight and knee locked with the toes pulled toward your nose. Lift the leg as high as you can without pain or until your knee starts to buckle.  
Hold for 30 seconds.



## Part 2

Release the strap and bring the leg back with the knee bent, placing both hands behind the knee. Bring the knee back towards the same shoulder, as far as you can without pain. Keep the opposite leg straight and the opposite big toe is pointing towards sky.  
Hold for 30 seconds.





# Piriformis Stretch



Begin by lying flat on the floor with your toes pointed toward the ceiling.

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Draw one leg up with your knee bent. Place the opposite hand across the front of the knee, keeping the other leg straight and big toe of the other leg pointing towards the sky. Using the opposite arm, pull your knee diagonally across your body towards the opposite shoulder. You should feel this stretch in your butt. Hold for 30 seconds.

# Hip Flexor Stretch



Lie in bed, lengthening through your legs, with your big toes pointing towards the sky.



Draw your foot into the side of the opposite leg, with your knee pointing outward. Your foot should be above the knee if possible, but on the side of your knee or below your knee is fine also.

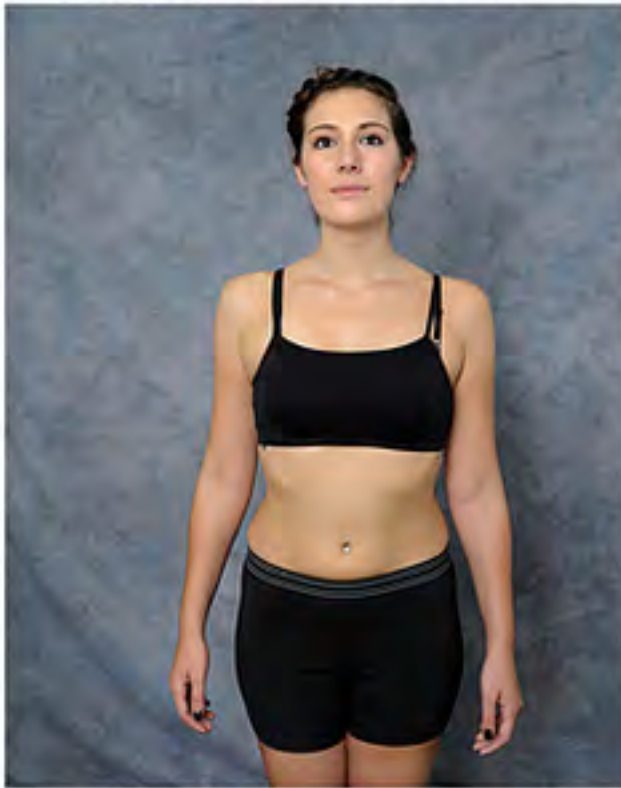
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Let your hip fall open and allow the knee to sink into the bed. You can use a heavy blanket to place more weight on the open hip, allowing it to open more.  
Hold for 30 seconds.



# Trapezius Stretch



Perfect head position is looking someone your exact same height right in the eye. Stand up straight and obtain perfect head position.



Place your hand on top of your head with your elbow sticking out. Don't move your head.

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Without moving your head, draw your elbow back, so that your elbow is straight out from your ear.



Use the hand on top of your head to slowly bring your ear toward your shoulder. Go as far as you can without pain. Hold for 30 seconds.



# Levator Scapulae Stretch



Perfect head position is looking someone your exact same height right in the eye.  
Obtain perfect head position.

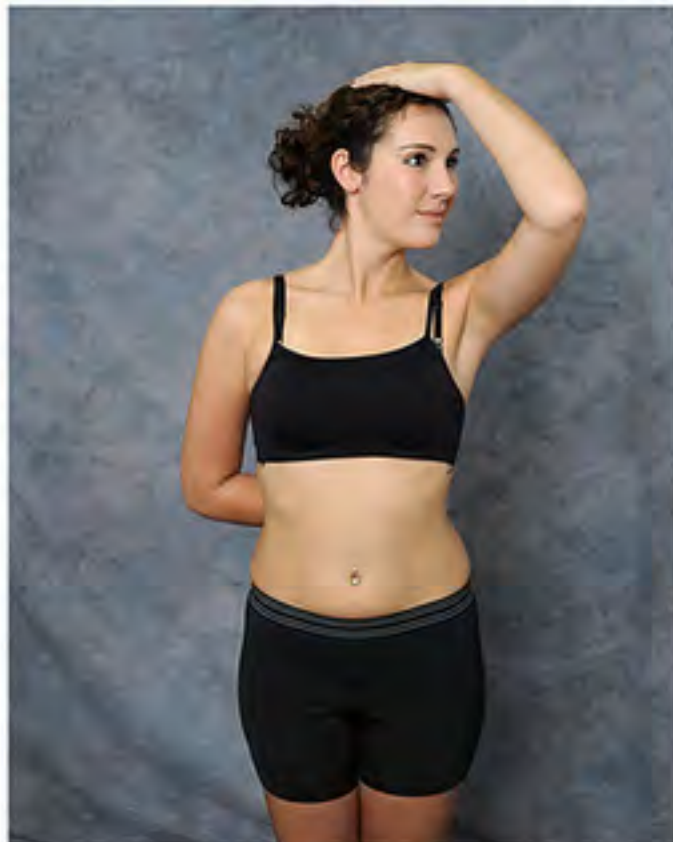


Place one arm behind your back with your elbow bent, as if you are being handcuffed.

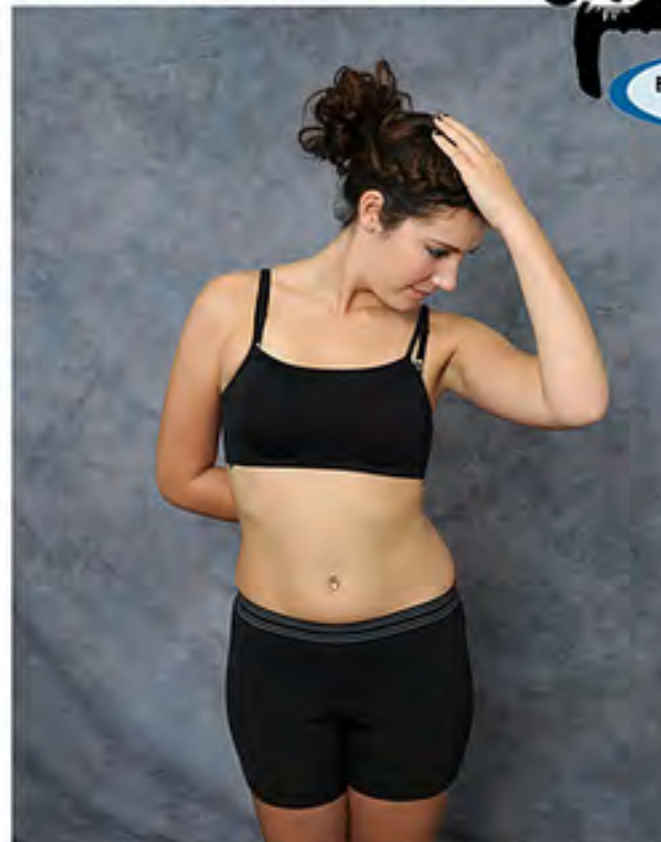


Rotate your head away from the arm that is behind your back, keeping your eyes on the same plane of perfect head position. Your chin should

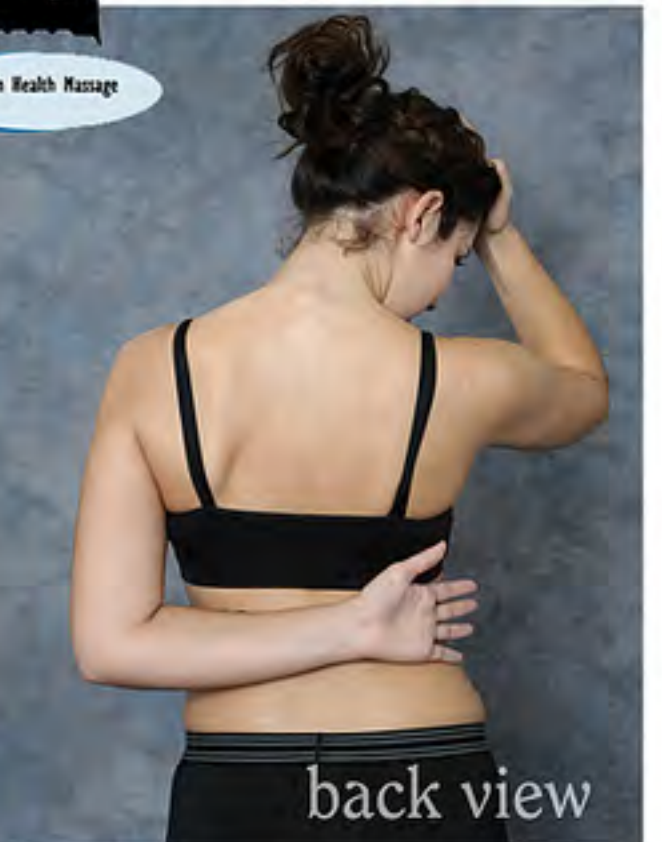
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Using the palm of your hand, place it on top of your forehead. Moving your elbow without moving your head, your nose and elbow should be in a straight line. Your gaze should be looking past the open edge of your elbow.



Slowly, without rotating your head, use the hand on top of your head, to press your head forward so your nose is in your armpit. While you do this, hold the shoulder-nose alignment, keeping the elbow drawn at a 45-degree angle. You should be feeling this stretch behind the ear, at the top of the shoulder blade of the arm behind you, and at the top of your back. Bring the head down as far as you can without pain. Hold for 30 seconds.



back view



## Rhomboid Adduction



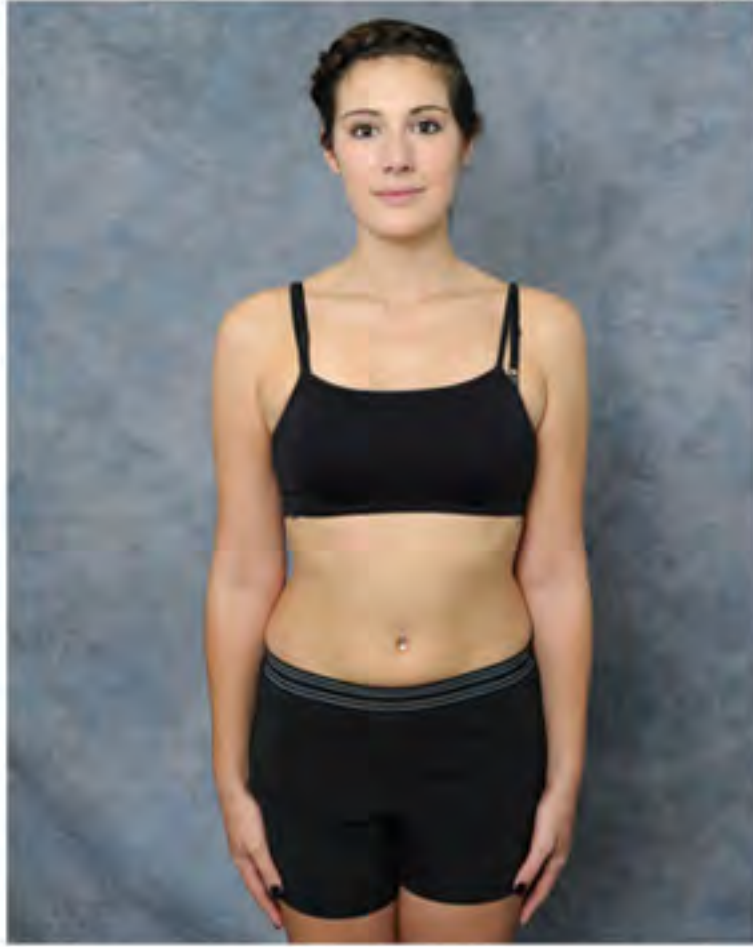
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Pull your shoulder blades together, opening through your chest.  
Pull your arms closer together toward your buttocks, drawing the shoulders down.  
Hold for 30 seconds.

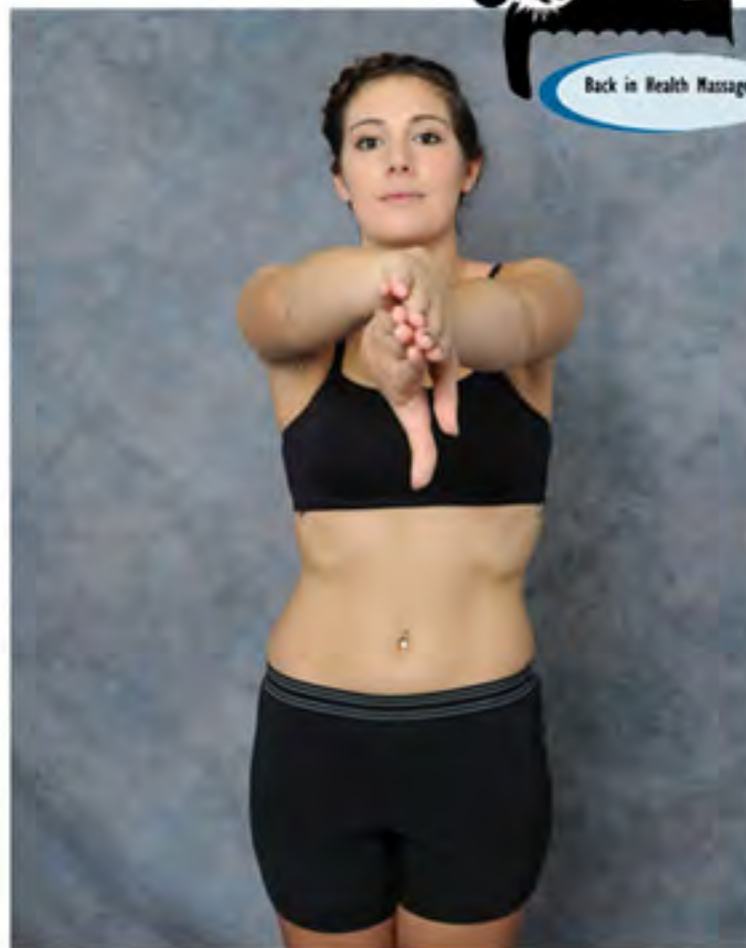
# Abduction of the Scapulae



Perfect head position is looking someone your exact same height right in the eye. Stand up straight and obtain perfect head position.



Stretch your arms in front of you at shoulder height.



Cross your arms in front of you, touching your palms together, with thumbs facing down. Extend your arms forward without moving your neck or your waist. You should feel your shoulder blades separating. Hold for 30 seconds.