

## Dr. Dean's Exercise Prescription: Basic Whole-Body Stretch

- 15-20 minutes of joint and soft-tissue warm-up to increase circulation & prevent arthritis.
- Stretches are always an AWARENESS drill. Hyper-focus on form and progress.
- Everyday.
- Foam roller and mat, handrail

Instructions should be repeated on the contra-lateral (other) side where needed.

Foot Focus: (all spinal joints take their ground-force reaction cues from proper foot placement)

1. Ankle Range of Motion (ROM): Keep ALL of your body weight off of the target foot
  - A. Roll on to the outer ankle in small pulses
  - B. Roll on to the inner ankle in small pulses
  - C. Tuck your toes under (like a fist) and pulse the top of your foot forward in small pulses
  - D. Step a foot back with toes on the floor, and bend the foot down over the toes

Hip Focus:

2. TFL stretch (outer hip): Lay sideways over the roller, top leg lays back, under leg lays forward  
Note: Intensify stretch by reaching the top arm overhead.
3. Piriformis stretch: (Pigeon ~ Yoga): (quadruped: hands and knees on mat)  
Lengthen a leg, cross the other leg under at 90 degrees. Press upper body upward.
4. Inner Thigh (Frog ~ Yoga): (quadruped hands and knees on mat)  
Spread knees wide apart, side knees wide in increments. OK to drop chest on floor.
5. Hip flexors/Psoas: at wall (knee and toe touch wall), slide other knee back on soft pad.  
Note: hands touch wall below shoulder level, tuck hips under, squeeze same butt.

Hamstrings:

6. Standing Triangle (inline: front toe + heel, back toe) straight legs, flat back forward gaze  
Note: touch hands on front thigh, bend forward to LENGTHEN not to fold. Pulse.

Trunk/Lats:

7. Push-Pull at handrail: stand at right angle. OPEN/OUTER side pulls, INNER side pushes.  
Note: Sit low, drop chest down, sit back.
8. 1-2-3 Triangle: Stand wide + arms wide. Shift hip one way + arms the other way.  
Tilt arms down ("T") to ankle + keep chest open.
9. Twist: elbow + wrist + opposite knee on floor

Chest Openers (pectoralis Major/minor):

10. Laying on a foam roller face UP: rotate thumbs backward to floor + draw bring elbows inward. Note: Keep lowest back flat to roller.

Corrective:

11. "Short-Foot": elongate toes then bulk-up the arch. Try walking with this set-up.  
Note: toes should be able to wiggle freely (not clenched under.) When you are walking, standing or running, make sure your foot touches the floor "short."

If you have questions: contact the doctor