

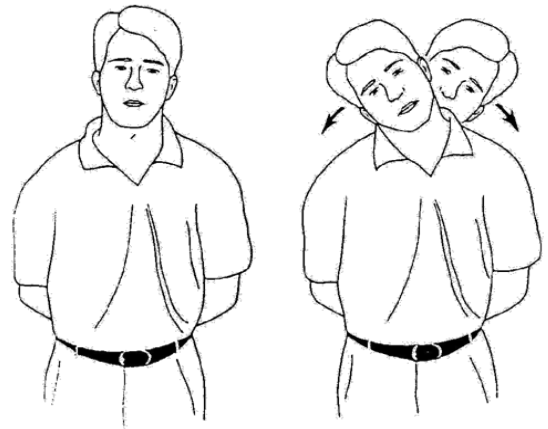
# Cardiac Rehab Program: Stretching Exercises

Walk around the room, step side to side, ride a bike or walk on a treadmill for at least 5 minutes to warm up before doing these stretches. **Stretch warm muscles only.**

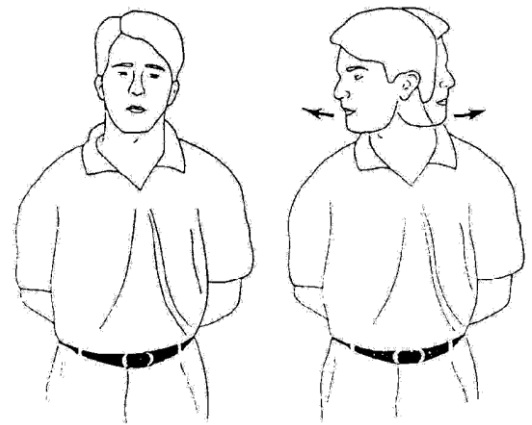
Hold each stretch for 20 to 30 seconds.

## Head and Neck

- ❑ Tilt your head to the right as if you are trying to touch your right ear to your right shoulder. Return your head to the normal position. Repeat this exercise to the left.

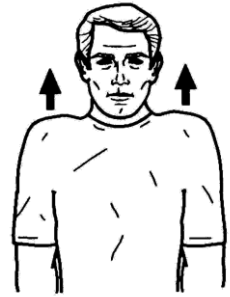


- ❑ Turn your head slowly and look over your left shoulder. Then turn to look over your right shoulder.

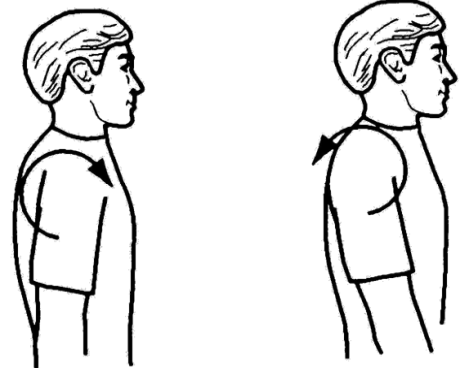


## Shoulders

- ❑ Shrug your shoulders, bringing them up toward your ears.

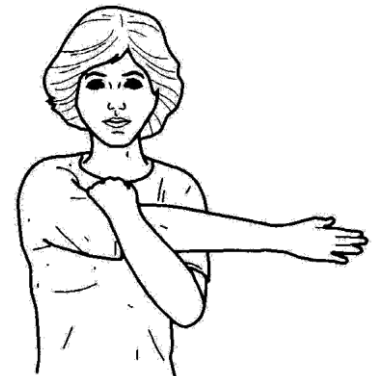


- ❑ Roll your shoulders forward in a circle. Then, roll your shoulders backwards in a circle. Relax and repeat.



### Stretch for the back of your shoulders:

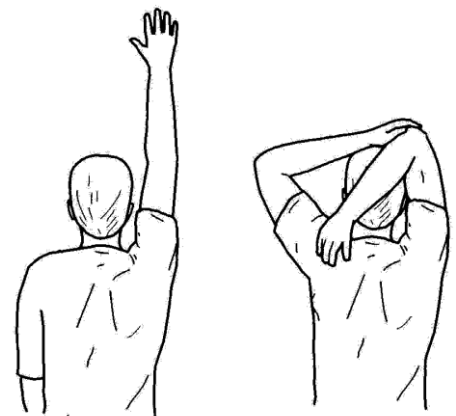
1. Sit or stand and bring one arm across your body at shoulder height.
2. Place your other hand on your elbow or upper arm and pull it close to your chest.
3. Feel the stretch in the back of your shoulder.
4. Repeat with the other arm.



## Arms

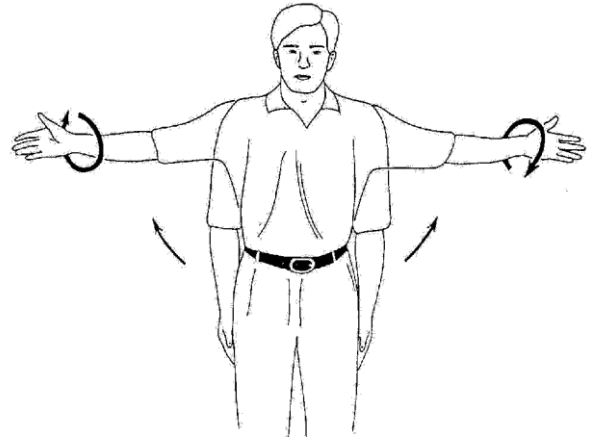
### Side and triceps stretches:

- ❑ 1. Raise one arm into the air and reach for the ceiling. Feel the stretch through your side.
- 2. Bring the hand down behind your head reaching across towards the opposite shoulder blade.
- 3. Reach up with your other hand and gently pull your elbow towards your back. If you cannot reach to pull your elbow back from behind your head, gently push your elbow back from the front of your arm.

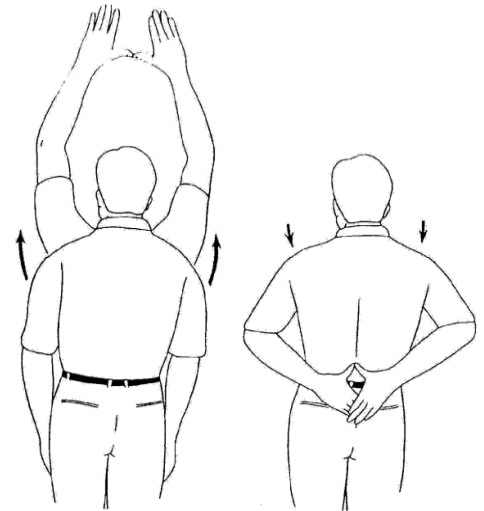


4. Feel the stretch in the back of your upper arm.
5. Repeat with the other arm.

- ❑ 1. Stand with your feet slightly apart.
- 2. Raise your arms out to your side at shoulder level. Make arm circles forward and backward.

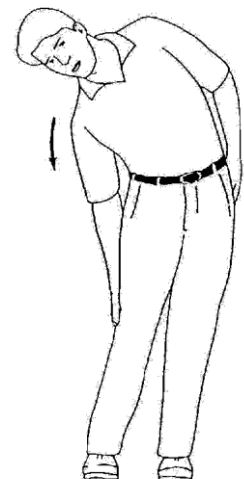


- ❑ 1. Stand with your feet slightly apart and your arms at your sides.
- 2. Turn your hands so your thumbs are pointing away from your body.
- 3. Move your arms out from your side and up over your head. Touch your thumbs together. Breathe in as you do this.
- 4. Bring your arms down (thumbs down) behind your back. Breathe out as you bring your arms down.

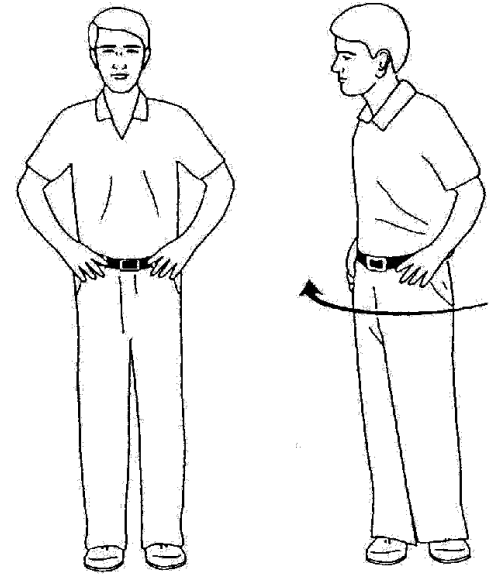


## Trunk and Sides

- ❑ 1. Stand with your hands at your side and your feet slightly apart.
- 2. Bend to the right as you breathe out and reach your hand to your knee.
- 3. Return upright as you breathe in.
- 4. Bend to the left as you breathe out.
- 5. Return upright as you breathe in.

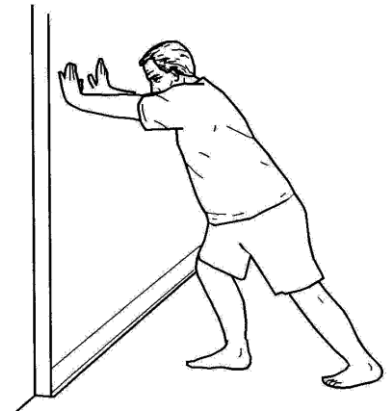


- ❑ 1. Stand with your hands on your hips and your feet slightly apart.
- 2. As you breathe out, turn your upper body and head toward the right.
- 3. As you breathe in, return to the starting position.
- 4. Then as you breathe out, turn your upper body and head toward the left.
- 5. As you breathe in, return to the starting position.



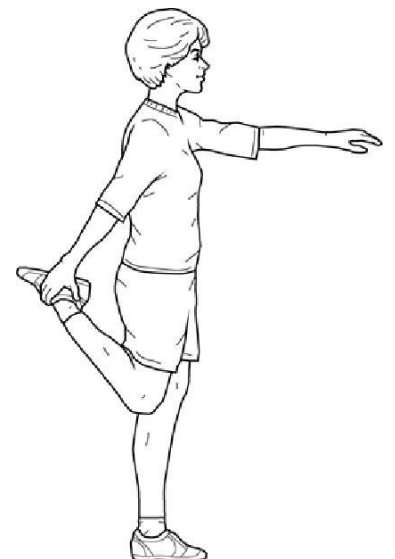
## Legs

- ❑ 1. Stand facing the wall with your feet about 18 inches from the wall. Place your hands on the wall at shoulder height.
- 2. Step your foot back with the leg straight and the heel on the floor.
- 3. Your other leg will be bent at the knee.
- 4. Keeping your back leg straight, lean into the wall until you feel a stretch in the back of your lower leg.
- 5. Hold. Relax and then repeat.



## ❑ Quadriceps Stretch: Standing

- 1. Stand facing a wall or an exercise bar.
- 2. Raise your right heel up in back toward your behind.
- 3. If possible, grab your right ankle with your right hand or grab slightly above your ankle and hold your leg up to your behind.
- 4. Make sure that your right leg is beside your left leg and not in front of it.

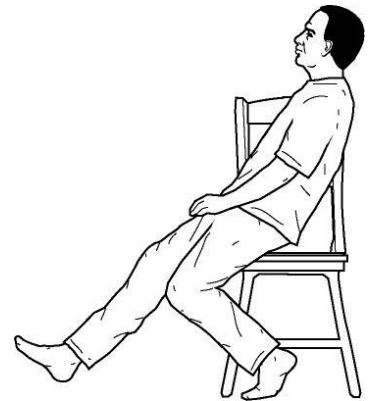


5. Make sure that your hips are facing the wall and the low back is not arched.
6. You should feel this stretch up the front of your upper leg (thigh) from your knee all the way up the front of your thigh.
7. Repeat with the left leg to stretch your left quadriceps grabbing your left leg with your left hand.

**OR**

### **Quadriceps Stretch: Sitting**

1. Sit with your legs to the side of the chair.
2. Bring your foot back along the front of the chair so the top of your foot is towards the floor.
3. Keep your lower back straight and lean back.
4. Feel the stretch in the front of your upper leg.
5. Turn to the other side of the chair and repeat with your other leg.



### **□ Hamstring Stretch: Standing**

1. Stand near a sturdy chair or stool. Place your foot on the chair or stool.
2. Slide your hands down your leg as you lean forward until you feel a stretch in the back of your upper leg.
3. Hold. Relax then repeat.



**OR**

### **Hamstring Stretch: Sitting**

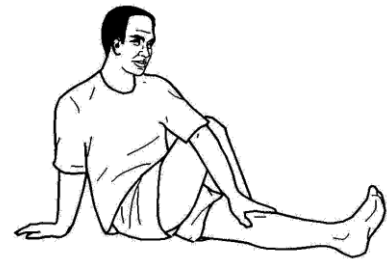
1. Sit in a chair or on the edge of the chair with your hands on your upper legs or at your sides.
2. Bring your right foot forward, placing the heel down and your toes raised to the ceiling. The knee should be slightly bent.
3. Lean forward and feel the stretch in the back of your upper leg.
4. Bring your left foot forward and repeat.



### **Advanced Level Exercises**

**Only do these exercises when directed by your doctor or therapist.**

- 1. Sit on the floor with one leg out straight. Bend the other leg and pull your foot up near your groin.
- 2. Reach your hands out along your straight leg until you feel a stretch at the back of your upper leg.
- 3. Hold, then relax and repeat.

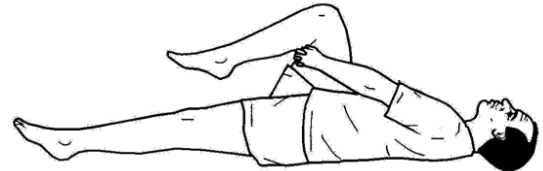
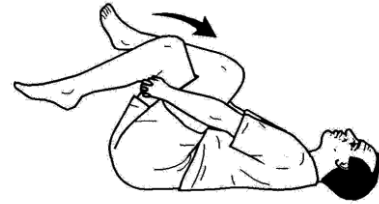


- 1. Sit on the floor with your legs out straight. On one side, rest back against your hand on the floor for support.
- 2. Cross one leg over the other leg, so your foot is near the knee.
- 3. Place your other arm over your bent leg and place your hand on the knee of the straight leg.
- 4. Push the arm against your bent knee until you feel a stretch in your buttocks.
- 5. Hold, then relax and repeat.

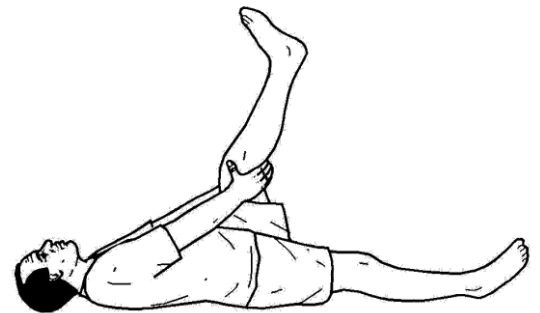


- ❑ 1. Lie on your back on the floor. Cross your legs.
- 2. Bend your knees and reach your hands around your knees.
- 3. Pull your hands to bring the knee towards your chest until you feel a stretch in your hip or buttocks.
- 4. Hold. Relax and then repeat.

Option: This exercise can also be done with one leg straight.

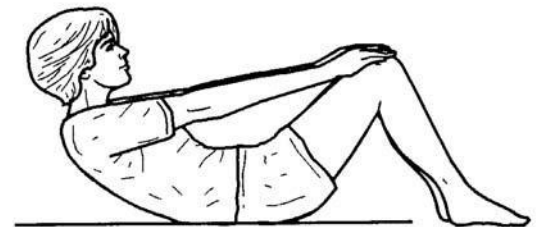


- ❑ 1. Lie on your back with your legs out straight.
- 2. Raise your leg up and put your hands around the upper leg for support.
- 3. Slowly straighten the raised knee until you feel a stretch in the back of the upper leg.
- 4. Hold, then relax and repeat.



### ❑ Crunches

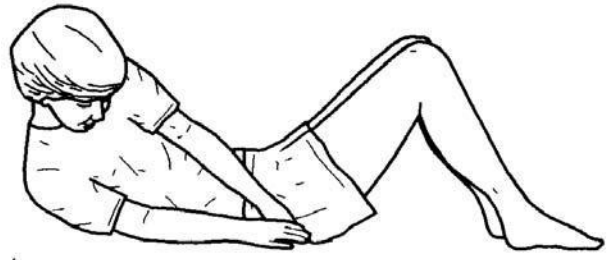
- 1. Lie on your back on the floor with your knees bent, feet flat on the floor and your low back pressed into the floor.
- 2. Place your hands on your thighs. Reach your hands up and touch your knees. Blow air out and pull in your stomach muscles as you reach for your knees.  
**Keep your lower back pressed into the floor throughout this motion.**
- 3. While you are reaching for your knees, your shoulders and head should come off the floor.
- 4. Your chin should not be on your chest. There should be a space big enough for a fist between your chin and chest.



5. Repeat until it is difficult to continue.

❑ **Obliques (Sides):**

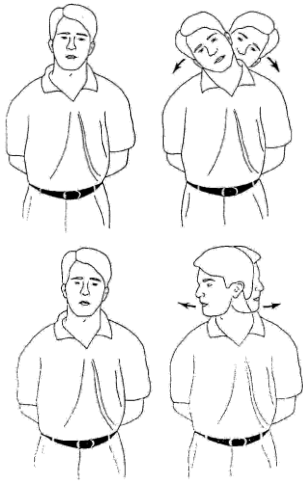
1. Lie on your back on the floor with your knees bent, feet flat on the floor and your back pressed into the floor.
2. Extend your arms with your hands together out to the right side of your body. Your right arm is reaching straight out and your left arm comes across your body to join your right arm.
3. Reach across yourself to your left knee.
4. Twist your upper body while you reach across.
5. **Your lower body should be pressed into the floor.**



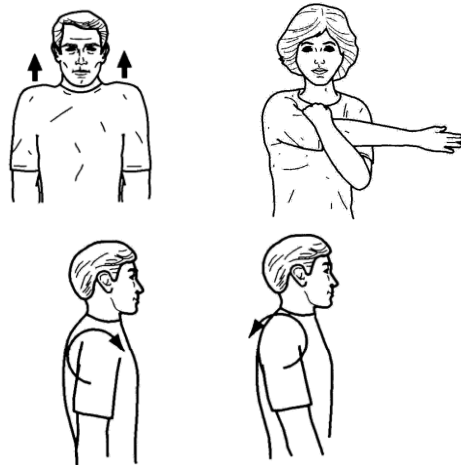
- ⦿ **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: [health-info@osu.edu](mailto:health-info@osu.edu).**



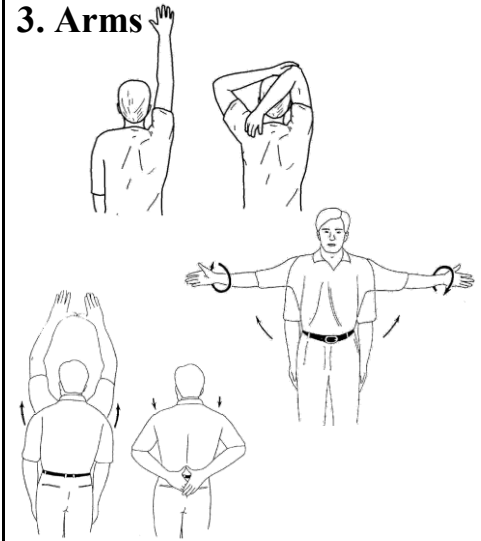
### 1. Head / Neck



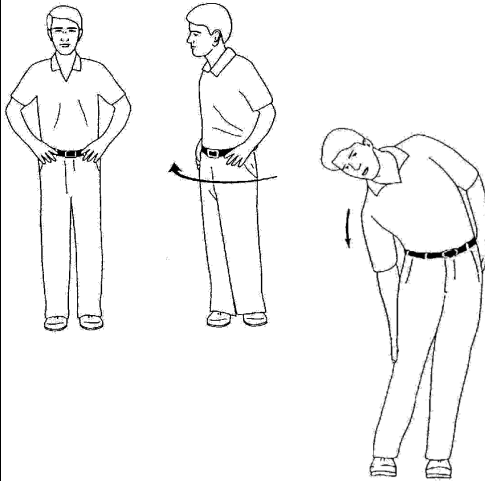
### 2. Shoulders



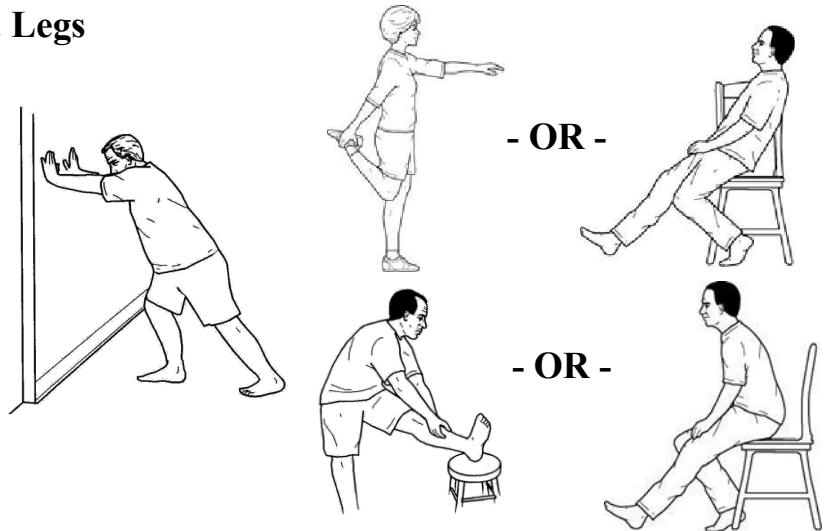
### 3. Arms



### 4. Middle / Trunk



### 5. Legs



### Advanced Level:

