**MY EXERCISE-MEDICINE PRESCRIPTION**

*Your exercise-medicine prescription is designed, in consultation with your physician, to implement a safe and effective routine in accordance with ACSM guidelines.*

**EXERCISE: Stretching**

**F – FREQUENCY:** Stretch every day!

**I – INTENSITY:** Hold stretch to a point of gentle tension.

Stretching should not be painful to do.

**T – TIME:** Hold each stretch for 15 – 30 seconds.

**T – TYPE:** Stretch all major muscle groups. Stretch the front and back of each muscle.

**GUIDELINES:**

* Always warm up for 5-10 minutes prior to stretching.
* Perform stretches AFTER your aerobic or resistance exercises are done.
* Hold each stretching position still, do not bounce.
* Remember to breathe. Do not hold your breath while stretching.
* Listen to your body. Over stretching can increase risk of injury to muscles and joints.
* Talk to your physician and healthcare professional if you are currently injured before starting a new stretching routine.

**ADDITIONAL INFORMATION:**

For more details on stretching, please refer to the Heart and Stroke PDF (pages 74-77):

https://www.heartandstroke.ca/-/media/pdf-files/canada/health-information-catalogue/living-well-with-heartdisease-final-lowres-en.ashx

**If you feel unwell or have any symptoms of shortness of breath, chest pain, fainting, dizziness or palpitations during or following exercise, STOP and discontinue exercise. Please contact us to inform us of the change. If this is an emergency proceed to the Emergency Department.**

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| **UPPER BODY** |  | **INSTRUCTIONS** |
|  |  | **Neck Stretch**   * Slowly tilt your head to one side. Bring your ear to your shoulder. * Keep your shoulders down and relaxed. * You may use your hand to press lightly, if you don’t feel the stretch. * Hold the position still. * Repeat for the opposite side. |
|  |  | **Shoulder Stretch**   * Slowly stretch your right arm across your chest, keep it straight. * Keep your shoulders down and relaxed. * Hold the position still. * Repeat for the opposite arm. |
|  |  | **Chest Stretch**   * Slowly reach both arms back at shoulder height. * Keep your palms facing forward. * Keep your shoulders down and relaxed. * Squeeze your shoulder blades together.   NOTE: Use caution with this stretch, if you have had recent heart bypass or valve surgery. It may not be appropriate to do in early recovery. |
|  |  | **Triceps Stretch**   * Slowly reach your right arm up, bending at the elbow. * Keep your right arm close to your head. * Use the other arm to help support your right arm. * Keep your right elbow pointed upwards. * Hold the position still. * Repeat for the opposite arm. |

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| **LOWER BODY** |  | **INSTRUCTIONS** |
|  |  | **Calf Stretch**   * Stand with your hands flat against a wall. * Take a step back with your right leg. * Ensure both feet are facing forward. * Bend your left knee and lean forward ( your knee should not go past your front toe). * Keep your right leg straight and heel on the ground. |
| A close up of a logo  Description generated with very high confidence | A picture containing tree, sky  Description generated with high confidence | **Quadriceps Stretch**   * Stand on your left leg. * Bend your right knee. * Use your right hand to hold your right foot. * Gently pull your heel towards your buttocks. * Repeat for the opposite leg.   NOTE: If you are not able to reach your ankle, grasp your pant leg instead or you can loop a towel around your ankle to assist you. |
|  |  | **Hamstring Stretch**   * Stand on your left leg and bend your left knee. * Place your right leg in front of you and keep it straight. * Keep your right heel on the ground and your foot pointing up. * Bend forward at the hip, keeping your back straight. * Repeat for the opposite leg.   NOTE: This stretch can be modified and performed by sitting in a chair. |
|  |  | **Inner Thigh Stretch**   * Stand with your feet apart. * Step out to the left side, balancing your weight on your left leg. * Bend your left knee (it should not go past your front toe). * Keep your right leg straight. * Repeat for the opposite leg. |

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| **ON THE FLOOR** |  | **INSTRUCTIONS** |
|  |  | **Hamstring Stretch**   * Sit with your feet in front of you. Bend your left knee towards you. * Straighten your right leg, keeping your right foot flexed. * Slowly bend at the hip. * Gently reach forward towards your right foot. * Repeat for the opposite leg. |
|  |  | **Inner Thigh Stretch**   * Sit with your feet in front of you. Bend both of your knees. * Bring your soles of your feet together. * Slowly lower your knees towards the floor (you may use your elboys to apply gentle pressure on your legs) |
|  |  | **Cat - Cow Stretch**   * Begin with your hands and knees on the floor. * Tuck your chin down towards your chest. * Arch your back by rounding your spine. * Exhale and pull your belly button towards your spine. * Inhale, looking up, lift your tailbone and relax your belly. |
|  |  | **Child’s Pose Stretch**   * Begin with your hands and knees on the floor. * Rest your buttocks on your heels. * Spread your knees apart to your comfort. * Bend at the hips and bow forward. * Reach in front with your hands. |