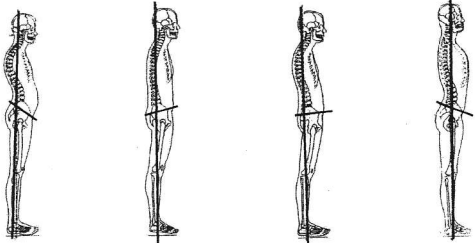


Stretching: The Truth!
Sole-utions for the Upper and Lower Body

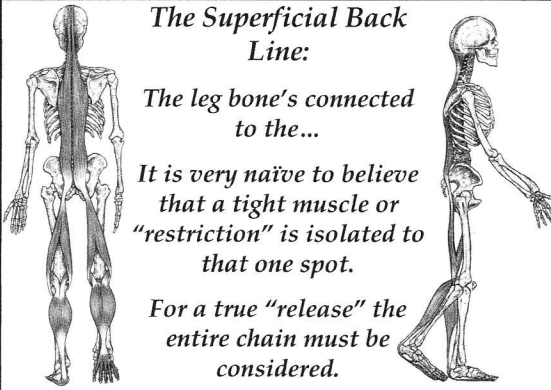
Presented By:
 Cheryl Soleway

Common "Faulty" Spinal and Pelvic Postures:
will pre-determine many of the major restrictions...



#1. Kypho-Lordo #2. Flat Back #3. Sway Back #4. Military

The Superficial Back Line:
The leg bone's connected to the...




It is very naïve to believe that a tight muscle or "restriction" is isolated to that one spot.

For a true "release" the entire chain must be considered.

Releasing the Posterior Chain

- bones of the foot, plantar fascia
- Achilles tendon
- Muscles/fascia of the calf
- Hamstring and Hamstring tendons
- Lumbar-thoracal fascia and lumbar muscles
- All spinal vertebra
- Connective tissues of the spine
- scalp


COMMONLY ASSOCIATED WITH POSTERIORLY ROTATED PELVIS



Releasing the Anterior Chain...


- Dorsum of the foot and ankle
- Anterior shin/muscles
- One and two joint hip flexors!
- Abdominals?
- Lateral and posterior muscles and joints of the neck

NOTE: COMMONLY ASSOCIATED WITH ANTERIORLY ROTATED PELVIS??



Releasing the Lateral Chain

- bones, arches and fascia of the foot
- lateral shin muscles (evertors)
- Tensor Fascia Latae, Ilio-tibial band
- Hip abductors
- Quadratus Lumborum, Lats, Obliques
- Intercostals, Ribs
- Lateral and posterior muscles of the neck

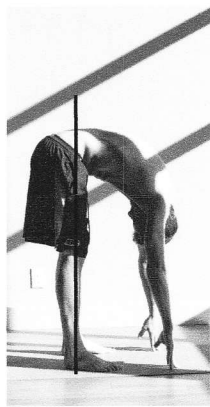


The Quick Stretch:

This should take anywhere from 5-10-15 minutes to perform

Step One:

Deep massage/release of the sub-occipital space



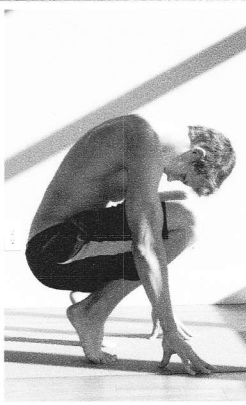
Standing Toe Touch:

From a nice tall standing posture, bend forward from the hips and try to touch your toes... wait for 5 full breaths!



Low Heel Squat:

Drop down into a low – heel squat keeping your heels 1inch from the floor...tuck in your head...wait 3 full breaths



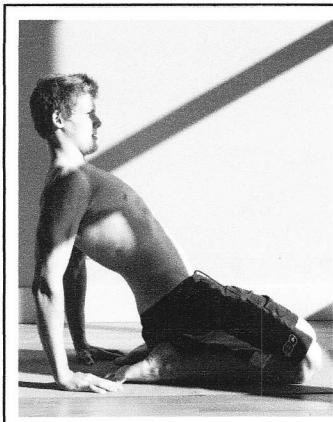
High Heel Squat:

Now lift your heels up high, while tucking in your head, hold for a bit, then alternate between high and low heels 5-6 more times

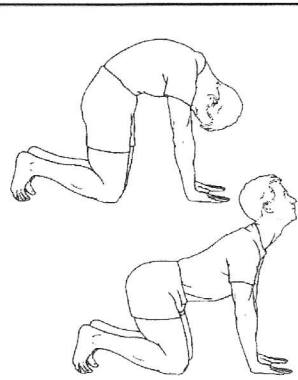


Heel Sit:

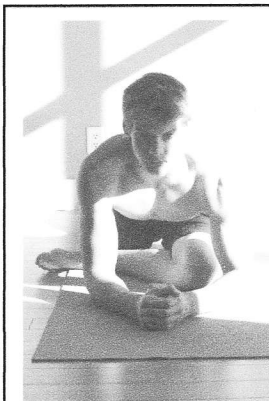
Drop forward on to your knees, then slowly sit back onto your heels, stretching through your feet and legs... wait 3 full breaths



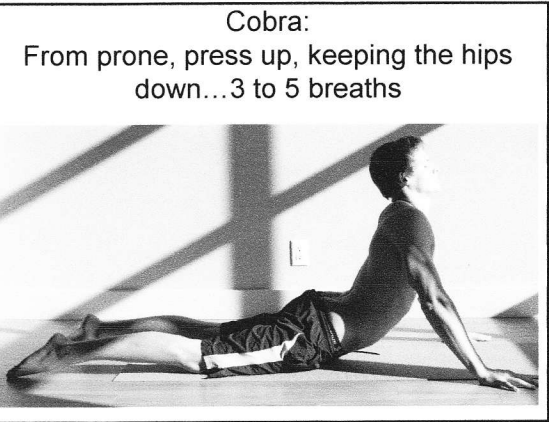
Modified Hero:
Turn the feet over, attempt to lay back, keeping the back flat... wait 3 breaths



Cat Stretch:
Drop forward onto hands and knees, round back up like a scared cat, then arch ...repeat 5 times



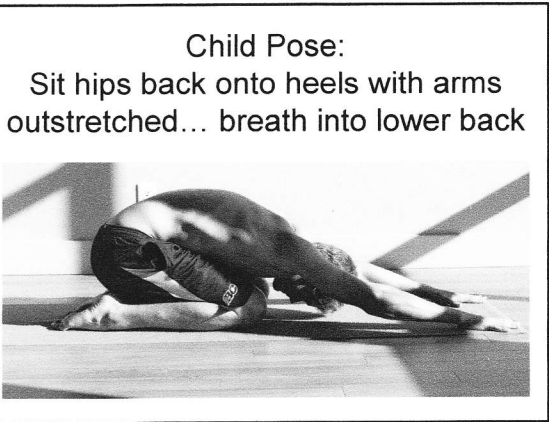
Semi Kneeling Hip Rotator:
From kneeling, slip one leg ahead, taking the foot/lower leg across the midline. Lean forward, pressing open the hip. Hold for 3-5 breaths.



Cobra:
From prone, press up, keeping the hips down... 3 to 5 breaths

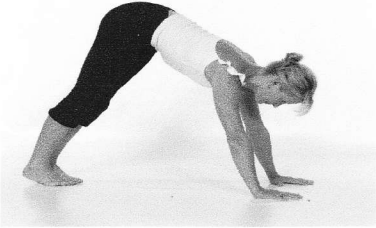


Single Hip Flexor Stretch:
From prone, reach back and pull the foot to the buttock... 3-5 breaths

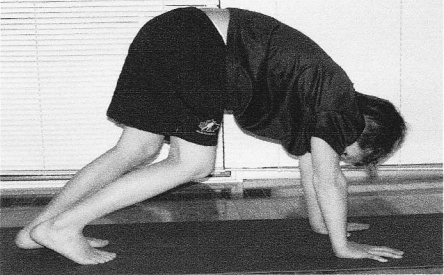


Child Pose:
Sit hips back onto heels with arms outstretched... breath into lower back

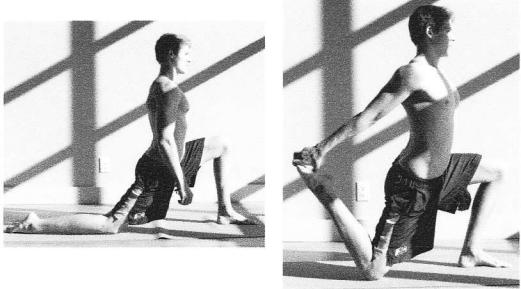

Down Dog:
Walk hands ahead, lift hips high, keeping heels on the floor and knees straight. Wait 3 breaths



Alternate Heel Presses:
Slightly bend one knee, then the other, while stretching the opposite leg




Lunge and Kneeling Hip Flexor Stretch





Re-evaluate your ability to touch your toes.

Are you ready?



RE-evaluate Your Ability to Squat:
Evaluate your ability to keep your back straight, thighs parallel and heels on the floor?



Thank You! 😊😊

Cheryl Soleway

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