

# Safely Transition From Shelter to Sport: Stretching and Stabilization

## Stretching exercises

**How often?** Perform each exercise twice a day: once in the morning and again after activity or at the end of the day.

**How?** Stretch until you feel a slight, comfortable pull in the desired muscle.

**How long?** Hold each stretch for 30 to 60 seconds.



### Seated hamstring stretch

- Keep your back straight.
- Keep your foot flexed.



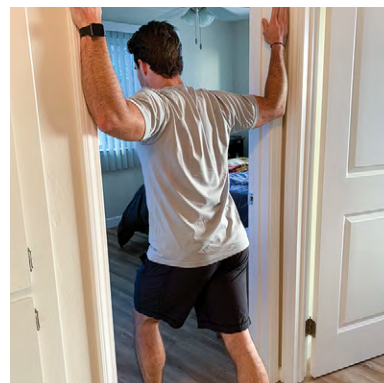
### Hip flexor stretch

- Keep your back straight.
- Keep back heel on the ground.
- Tighten your glutes.



### Calf stretch with towel

- Hold for 30 second with your knee straight and another 30 seconds with your knee bent.



### Doorway arm stretches

- Place your arms on the door frame and place one foot forward.
- Bend the front knee until a stretch is felt along the front of your chest and shoulders.

## Stabilization exercises

**How often?** Perform each exercises once or twice a day, ideally before activity.

**How long?** Perform each exercise for one minute.



### Plank with shoulder touch

- Keep your core tight and hips level with your shoulders.
- Alternate by tapping the opposite shoulder without letting your hips shift.



### Clam shells

- Lift your top knee while keeping your feet together.
- Do not let your pelvis move back.
- Switch sides.



### Single leg hops

- Stand on your left leg with your knee slightly bent and your hands on your hips.
- Take a short hop forward, landing on your left leg, and hold for two to three seconds.

- Then hop backward to the starting position, landing on your left leg, and hold for two to three seconds.
- Repeat on the right side.
- Make sure your knee is centered over your second toe.
- Make sure your knee does not go forward past your toes.



### Scapular push-ups

- In a plank position, keep your elbows straight and push your hands into the ground.
- Then squeeze your shoulder blades together as if pinching a pencil between them.

Adjust these exercises to fit your current fitness level and past medical history. Feeling sore after workouts is a natural part of the process as you push your body to get stronger. For aches and pains beyond usual soreness, consult a sports medicine specialist.

For appointments and more information, call **(844) 41-ORTHO (844-416-7846)**.

**Locations** | Emeryville | Los Gatos | Palo Alto | Pleasanton | San Francisco | Sunnyvale | Walnut Creek