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.

Calf stretch with towel
• Hold for 30 second with your knee straight and another 30 seconds with your knee bent.

Hip flexor stretch
• Keep your back straight.
• Keep back heel on the ground.
• Tighten your glutes.

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 position, keep your hands 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