

ACTIVITY PLAN: DAILY STRETCHES

Aim: Look after your spine and improve your mobility and flexibility with these stretches you can do anywhere.

Frequency: Daily

Duration: 5 - 10 minutes

Spine flexion (aka rounding the spine)



Description

1. Begin standing upright with your feet hip distance apart.
2. Hinge at your hips and reach towards your toes, letting your upper body hang.
3. Hold for 30 seconds.

Remember: let your neck relax

Lateral flexion (aka side stretching)



Description

1. Begin standing upright, with your feet hip distance apart.
2. Reach your right arm overhead and lean to your left-hand side.
3. As you lean, your left hand can slide down the left thigh, and right arm can arc overhead.
4. Hold for 30 seconds.
5. Reverse the movement and return to an upright position.
6. Repeat on the other side.

Overhead reach



Description

1. Stand upright as tall as you can.
2. Keep your arms straight and slowly lift them in front of you and then towards the ceiling and reach as high as you can.
3. Hold for 30 seconds.

Neck semi-circles



Description

1. Begin in a standing or seated position.
2. Gently drop your chin to your chest.
3. Now, tilt your head toward one shoulder until you feel a stretch on the opposite side of your neck.
4. Hold for 3 - 5 seconds.
5. Gently drop your chin to your chest again and tilt your head to the other side.

Repeat: 5 x semi-circles each per side.

Shoulder circles



Description

1. Begin in a standing or seated position.
2. Lift your shoulders up towards your ears.
3. Roll your shoulders backwards and down.
4. Bring them forwards and up towards your ears.

Tip: It should feel like you are moving in a circular motion.

Repeat: 10 in each direction.

Hip opening



Description

1. Begin in a seated position.
2. Keep your left foot on the floor and cross your right ankle over the left knee to make a "4" with your legs
3. Hold for 30 seconds each side.
4. Repeat on the other side.

Tip: Deepen the stretch by gently pressing your right knee towards the floor or tilting your body into a forward lean.

Spine extension (aka back extension)



Description

1. Lie on your belly.
2. Place the palms of your hands on the floor beside your ribcage.
3. Press into your hands to lift your head and chest off the floor to a height that is comfortable to hold.
4. Hold for 30 seconds.
5. Reverse the movement and lower yourself back to the floor.

Spine rotation (aka twisting)



Description

1. Lay on your back with your feet on the floor, knees to ceiling, and arms out to the side in a 'T' shape.
2. Slowly drop your knees to your right and hold for 3 - 5 seconds. Try to keep your shoulders on the floor, just letting your hips and lower back move with your knees.
3. Move the knees back to the ceiling, then repeat on the other side.

Get curious: See how far you can reach. Can you start to reach further if you do these stretches every day?

Tip: Remember to breathe while you are holding stretches.