

## We Can Row-Boston Group Stretches (revised 5/22/11)

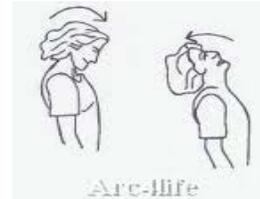
For a stretch to be effective, the position of stretch should be maintained for at least 20-30 counts. Stretches should be done slowly and deliberately and coordinated with your breathing. As you hold a stretch, take in a deep diaphragmatic breath and then exhale audibly thinking “let go”. This actually helps you release the tightness and stress held in the muscles and the tissues. This is part of why YOGA is so effective. They focus on the breathing and the audible exhalations.

### Before Practice Standing Exercises:

1. *Neck Range of Motion/ROM*: Slowly and deliberately:

“YES, NO, I DON’T KNOW”.

5 reps each



2. *Shoulder Circle Series*: Raise both shoulders up, back, down and around to starting position.



3. “*Letter T*” stretch for arms

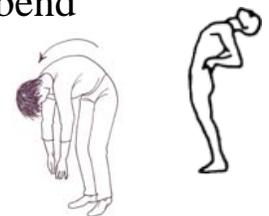


4. *Spinal twist*: Hips and Knees soft, hands on shoulders, look left then rotate left, look, right then rotate right



5. *Spinal flexion & extension*: Flex from neck (vertebra by vertebra) down to ankles (reach for toes) keeping knees soft. Uncurl and straighten up, one vertebra at a time. With hands at low back, gently bend over backwards. 3 reps in each direction.

[The back bend exercise should be done once an hour for every hour of sitting.]



## Before Practice Continued----

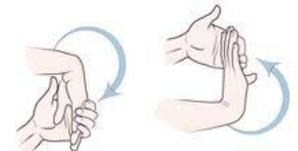
6. Mid-back stretches: Pull right arm with left hand, above elbow towards the left.

Hold, release, repeat other side. Finish with self hug wrapping both arms around yourself.



7. Wrist/Forearm stretches: Left hand stretches Right hand backwards. Repeat other side.

Slowly, gently, hold stretch. Follow with wrist circles.



8. Hip Flexor/Quad stretch walk: Kneeling or standing (do standing if knee issues). Standing or kneeling lunges



9. Hip Hinging drill: Stand with softly flexed hips and knees, gently hinging at your hips while reaching for your ankles. **KEEP YOUR BACK STRAIGHT!**



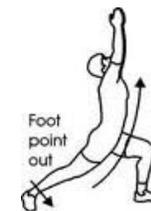
10. Ankle Circles: standing or sitting. Start with small circles and get larger. Do both clockwise and counterclockwise.



11. Knee to chest walk



12. "Hallelujah" walk (arms overhead, take a step, touch one toe, repeat)



**After Practice Cool Downs: We often run out of time after practice. Stretch during announcements,too!**

1. Same stretches as above: #1-#8.

2. Hamstring stretch (on back): Pull toes down, towards you for an extra calf and Achilles stretch. If time, do ankle circles as well.



3. “Elephant” stretch for arms



4. Cobra (on stomach, resting on forearms)



5. Hip Flexor stretch kneeling (standing if knee issues)

6. Child’s pose: straight and walk fingers to the left and then right.



7. Hip stretches: On back, knees bent, foot on opposite knee.

Gently push down on thigh, feeling hip stretch. When ready, lift opposite leg off the ground for maximal hip stretch.



8. Spinal Twist: Supine and Sidelying.

