

DAILY STRETCHES

Performing a daily stretching routine is the most effective way to prevent loss of flexibility. When done correctly, it can prevent muscle contractures and ultimately improve and prolong physical ability and independence.

If you have any questions about your stretches or concern whether they are being performed correctly, please feel free to ask: info@duchennetherapynetwork.com

General Rules of Stretching

- Stretching should not be painful
- Stretches should be held for 60 seconds and repeated
- As the muscle relaxes, increase the pressure
- A daily routine is most effective

Hamstring Stretch – Supine

Flex the hip 90 degrees and stabilize at the knee. With other hand, slowly raise the lower leg until stretch is felt in the back of the thigh. Hold for 60 seconds, reposition and repeat for 60 seconds.



Gastroc Stretch – Supine

While lying on back, place small roll under the knee. Grasp the heel and pull to stretch the achilles then flex the foot. Hold for 60 seconds, reposition and repeat for 60 seconds



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Iliopsoas and IT Band Stretch – Prone

Stabilize the pelvis with one hand.
Cradle the knee with the other hand.
Pull it up then toward the other leg.
Hold for 60 seconds, reposition
then repeat for 60 seconds.



Soleus Stretch – Prone

While lying on stomach, flex knee 90 degrees.
Stabilize the lower leg. Grasp the heel and foot and press down to stretch the calf.
Hold for 60 seconds, reposition and then repeat 60 seconds.



Wrist and Finger Extension

Hold the palm with two hands and slowly extend the wrist.
Move one hand towards the fingers continuing to extend the wrist and the fingers.
Hold for 60 seconds, reposition and repeat 60 seconds.



Forearm Supination Stretch – Supine

Stabilize elbow at side of body.
Hold just above the wrist and turn the arm to palm up position.
Hold for 60 seconds, reposition
then repeat for 60 seconds.



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