Stretching Exercises BAC Junior MD/CC Group

Age Group	Suggested quantities of each stretching exercise per session. Number of sessions per week 2 minimum.				
	Week No.1&2	Week No.3&4	Week No.5&6	Week No.7&8	Weeks there after
U 11Yrs.	6	8	10	12 Max.	As weeks 7&8
U13Yrs.	8	10	12	14 Max.	
U16Yrs.	10	12	14	16 Max.	
U17Yrs.	12	14	16	18 Max.	
U19Yrs.	14	16	18	20 Max	

What have you done today to make you feel good.

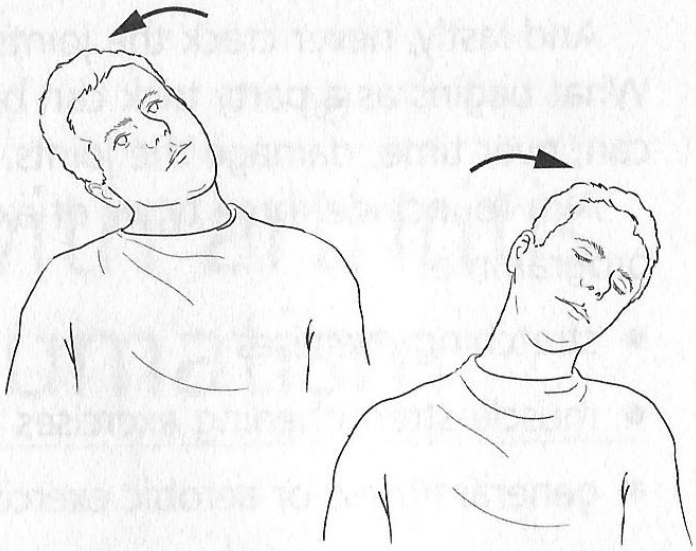
Stretching

Stretching involves putting each of your joints through a full range of movement every day. Begin at the top of your body and work downwards so that no area is forgotten.

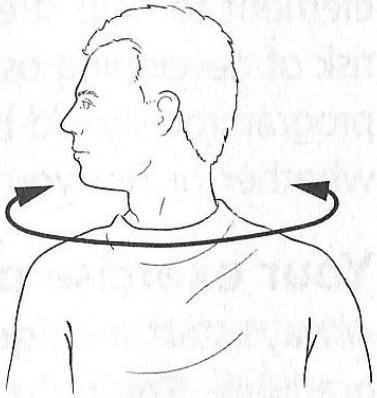
Neck

- Drop your head forwards on to your chest and let it hang there for a few seconds.

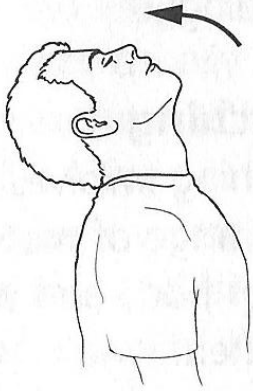
- Then straighten up and drop your head to the side, again letting it hang for a few seconds. Repeat, dropping your head to the other side.



- Turn round to look over your shoulder as far as you can and hold the position for a few seconds. Repeat, turning to the other side.

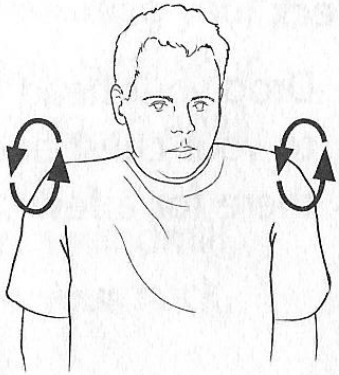


- Tip your head back as far as you can but do not force it, and this time do not hold the position for more than a second because you may feel dizzy.

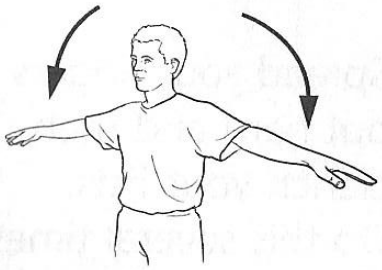


Shoulders

With your arms by your sides, rotate your shoulders in circles a few times, first forwards and then backwards.



- Lift your arms up above your head, bringing them in against your ears and pushing them backwards at the same time. Hold the position for a few seconds and then slowly bring them down sideways.



- Put your hands behind your back and clasp them. Then push your clasped hands backwards, away from your trunk and hold for a few seconds.

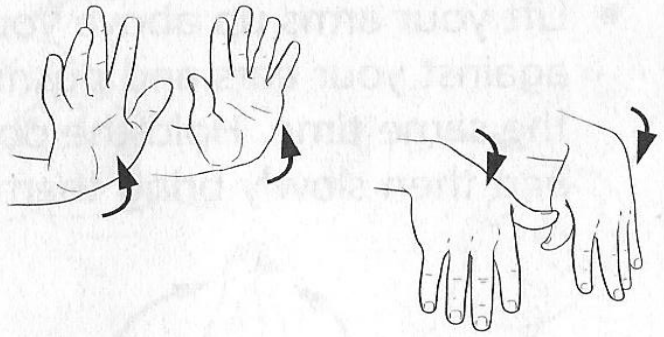
Elbows

- Straighten your elbows and then bend them up as far as they will go.

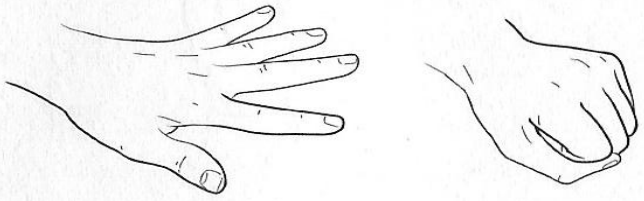
- Then, with your arms tucked into your sides and your elbows bent to 90 degrees, turn your forearms so that your palms are facing upwards and then downwards.

Wrists and hands

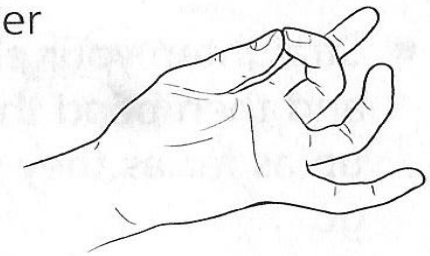
- Bend your wrists up and down as far as they will go.



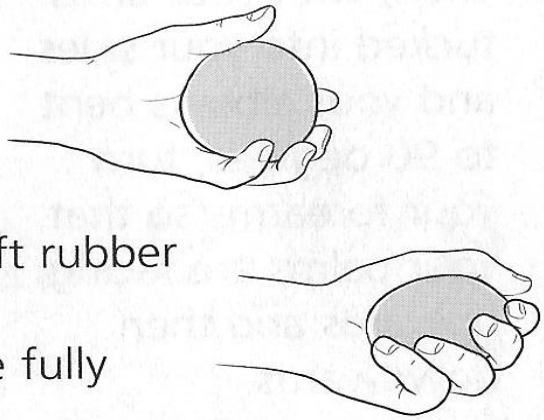
- Spread your fingers out hard and then clench your fists. Do this several times. If your fingers do not straighten fully, put your hand on a flat surface palm downwards and very gently push the bent joints down with your other hand. Similarly, if your fingers do not close fully into a fist, very gently push them down with your other hand.



- Bring your thumb and index finger together in a pinch and then touch the tips of your other fingers in turn with your thumb. Repeat with your other hand.

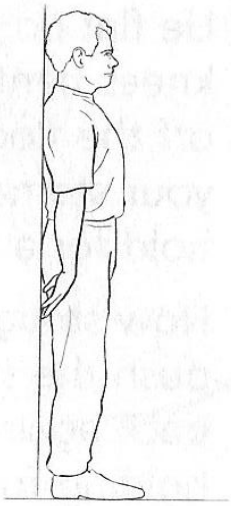


- The muscles in your hands can be strengthened by repeatedly squashing a soft rubber ball into your palm, allowing it to inflate fully between squashes.

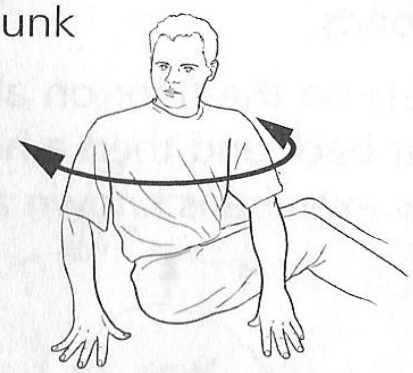


Upper back (thoracic spine)

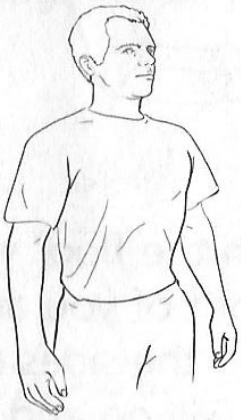
- Stand with your back against a wall and straighten your back so that the back of your head touches the wall. Hold for a few seconds.



- Sit down and twist your trunk and shoulders round to one side as far as you can, hold for a few seconds and repeat to the other side.



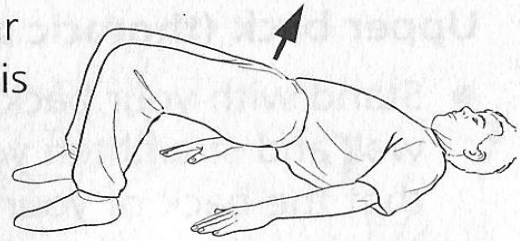
- Take a deep breath in, expanding your chest as much as possible and hold for a few seconds.



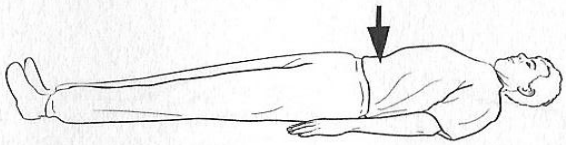
Lower back (lumbar spine)

- Stand up straight and lean over to one side, running your hand down the side of your leg. Do not force the movement but just hang there for a few seconds. Repeat on the other side.

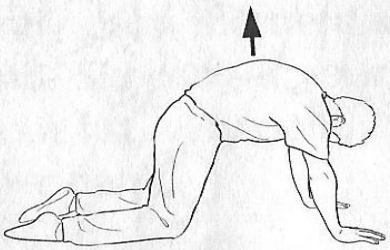
- Lie flat on the floor with your knees bent up. Lift your pelvis off the floor by tightening your stomach muscles and hold for a few seconds.

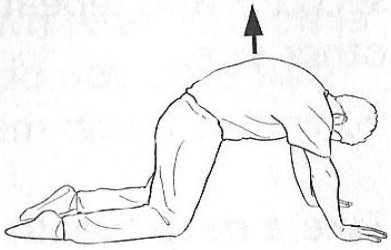


- Now straighten your legs out in front of you and push the small of your back against the floor, holding for a few seconds.



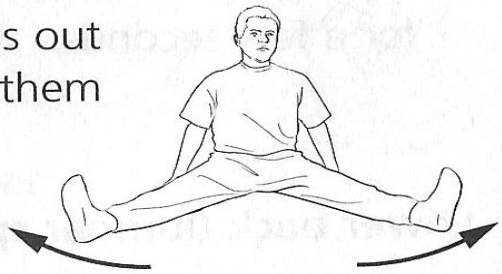
- Kneel on the floor on all fours. Make an arch of your back and then a hollow. Repeat several times (this exercise is known as 'the cat').





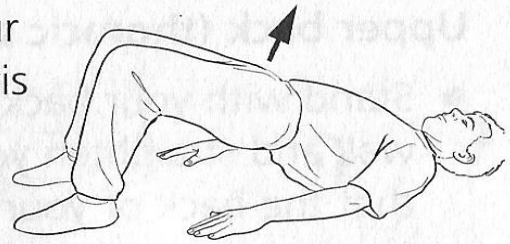
Hips

- Sit on the floor with your legs out in front of you and separate them out to the sides as far as they will go and hold for a few seconds.

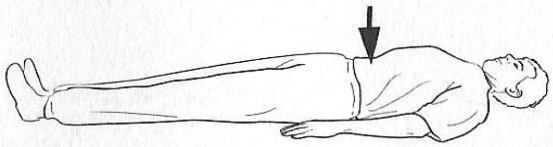


- Then bring your legs together and bend your knees up to your chest, one at a time if this is more comfortable. Hug your knees to your chest with your arms and hold them there for a few seconds (this is also a good exercise for your knees).

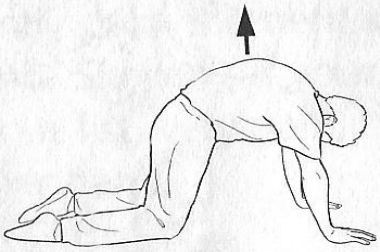
- Lie flat on the floor with your knees bent up. Lift your pelvis off the floor by tightening your stomach muscles and hold for a few seconds.

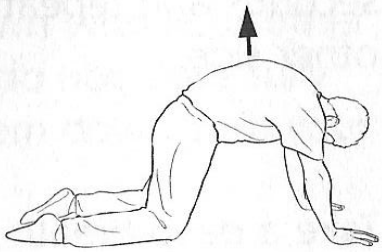


- Now straighten your legs out in front of you and push the small of your back against the floor, holding for a few seconds.



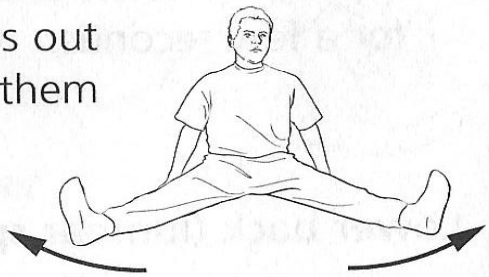
- Kneel on the floor on all fours. Make an arch of your back and then a hollow. Repeat several times (this exercise is known as 'the cat').





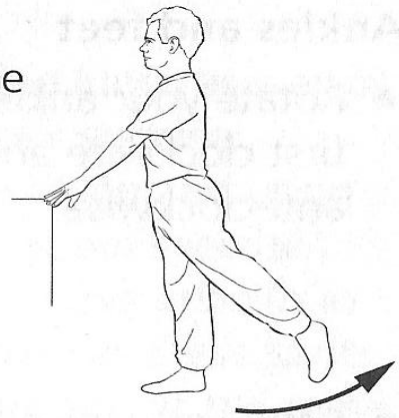
Hips

- Sit on the floor with your legs out in front of you and separate them out to the sides as far as they will go and hold for a few seconds.



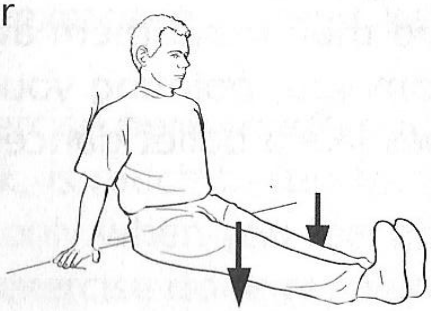
- Then bring your legs together and bend your knees up to your chest, one at a time if this is more comfortable. Hug your knees to your chest with your arms and hold them there for a few seconds (this is also a good exercise for your knees).

- Stand up and hold on to a chair back or table for support. Lift one leg and swing it back behind you as far as it will go. Repeat with the other leg.

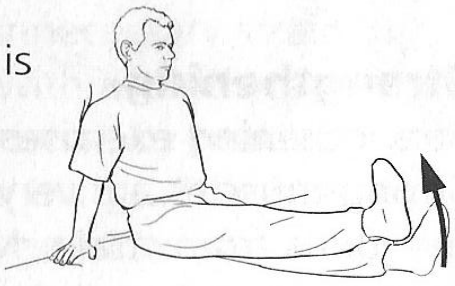


Knees

- Sit on a bed or on the floor with your back supported and your legs straight out in front of you. Push the backs of your knees hard against the surface, feeling the big quadriceps muscle in the front of your thigh tighten as you do so, and hold for a few seconds.



- Lift one leg up, keeping the knee straight, until your heel is about six inches above the surface. Once again, feel the quadriceps muscle working and hold for a few seconds. Repeat with the other leg.

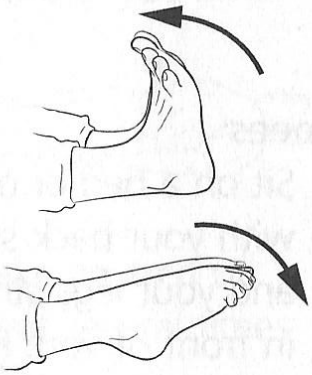


- Find a low step and step on and off, alternating with each leg.

Ankles and feet

- Rotate your ankles in circles, first clockwise and then anti-clockwise.

- Bend your ankles up to bring your toes towards you and then bend them away from you, pointing your toes like a ballet dancer.



- Wiggle your toes.

Strengthening

Strengthening exercises work the muscles harder. Strong muscles are very important in helping to protect the joints from strain. Many of the exercises above will strengthen your muscles as well as stretching your joints.

More advanced muscle-strengthening exercises make the muscles work harder by lifting weights. The weights should be carefully chosen to suit you personally or the group of muscles being worked so try to get advice from a qualified person such as a physiotherapist or gym trainer. Weights that cause pain are too heavy.

If you complete these exercises as suggested you will feel good.

TC.

Exercises. Update Mar. 2020