

# STRETCHING FOR BASKETBALL/VOLLEYBALL

*The “Super Six Rules” to Stretching Successfully:*

- 1 • Warm up (Walk on the spot for 1 to 5 minutes)
- 2 • Hold each stretch one repetition for 30 seconds
- 3 • Do not bounce ( Hold in Comfortable position)
- 4 • Be Gentle (No Pain)
- 5 • Breathe Deeply
- 6 • Stretch both sides equally



**Back of Neck Stretch**



**Front of Neck Stretch**



**Back of Shoulder Stretch**



**Tricep Stretch**



**Lower Chest Stretch**



**Middle Chest Stretch**



**Wrist Extension Stretch**



**Wrist Flexion Stretch**



**Full Body Stretch**

**Most Common Injuries:** Knee sprain and strain; knee ligament tear; neck hyperextension; wrist sprain, finger sprain and fracture.



**Buttock Stretch**



**Back Flexion Stretch**



**Back Extension Stretch**



**Thigh Stretch**



**Hip Flexor/Psoas Stretch**



**Inner Thigh/Hamstring Stretch**



**Outer Calf Stretch**



**Inner Calf Stretch**



**Outer Ankle Stretch**



**Inner Ankle Stretch**

**“To maintain flexibility, we recommend that all of these stretches be completed during and/or after your activity. The cool-down stretch routine will eliminate lactic acid from your muscles and therefore decrease stiffness and soreness as a result of exercise.”**

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