

SENIOR'S DAILY STRETCH ROUTINE

This series of stretches is particularly gentle and effective for individuals 50 years of age and over. We recommend that you begin by holding each stretch for 10 seconds and repeat 3 times. This will reduce the likelihood of over stretching and/or straining muscle tissues that are less elastic due to the effects of aging. After 4 weeks we suggest that each stretch be done one time and be held for 30-60 seconds, or until the tension in the muscle releases. These stretches can be done in the shower (on a slip resistant mat) or anywhere else. This routine should always be done in the morning before you start your day, to improve functionality and reduce the risk of injury.

The "Super Six Rules" to Stretching Successfully:

- 1 • Warm up (walk on the spot for 5 minutes)
- 2 • Hold each stretch 30 - 60 seconds, one repetition
- 3 • Do not bounce (hold in a comfortable and pain free position)
- 4 • Be gentle (no pain)
- 5 • Breathe deeply from the diaphragm
- 6 • Stretch both right and left sides equally



Side of neck stretch.



Tricep stretch-lower hand-pulls down.



Middle chest stretch.



Back of neck stretch.



Back of shoulders stretch.

“To maintain flexibility, we recommend that all of these stretches be completed before, 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.”



Full body stretch.



Side of spine stretch.



Side of leg stretch.



Calf stretch.



Thigh/Quadriiceps stretch.



Hamstring stretch.



Buttock stretch.



Pelvic Tilt-down,
Hold 5 seconds.



Pelvic Tilt-up, Hold 5
seconds, repeat 5 times.

This routine was created from Dr. Oswald’s lecture “Reducing the Ill Affects of Aging Through Stretching”, given at Northwestern Chiropractic College’s Homecoming February 2001.

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