

STRETCHES FOR YOUR NEXT ROAD TRIP ADVENTURE

Whether you are a passenger or driver, next time you hit the road, keep your muscles feeling fresh by incorporating these simple stretches throughout your adventure.



Bird Dog

Setup

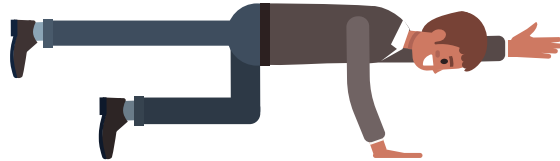
Begin on all fours, with your arms positioned directly under your shoulders.

Movement

Straighten one arm and your opposite leg at the same time, until they are parallel to the floor. Hold briefly, then return to the starting position.

Expert tip

Keep your abdominals tight and hips level during the exercise.



Standing Hip Flexor Stretch

Setup

Begin in a staggered stance position with your hands resting on your hips and the leg you are going to stretch positioned behind your body.

Movement

Keeping your back straight and upright, squeeze your buttock muscles and slowly shift your weight forward until you feel a gentle stretch in the front of your hip.

Expert tip

Keep your hips and shoulders facing forward and do not arch your low back during the stretch.



Standing Hamstring Stretch

Setup

Begin standing with your feet shoulder width apart.

Movement

Exhale and bend forward, lowering your hands toward the floor, bending at your hips and keeping your knees slightly bent. You should feel a stretch in the back of your upper legs.

Expert tip

Keep your back relaxed and do not move through pain.



Standing IT Band Stretch

Setup

Begin in a standing upright position with one leg crossed over the other.

Movement

Move the hip of your leg to be stretched out to the side and reach your arm overhead to the opposite side.

Expert tip

Avoid twisting or rotating your body during the exercise.



Standing Quad Stretch

Setup

Begin standing tall, holding onto a stationary object.

Movement

Bend your knee and grab your ankle behind you. Gently pull your heel towards your hip.

Expert tip

Keep your stomach muscles tight and do not arch your back.



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Chest and Bicep Stretch

Setup

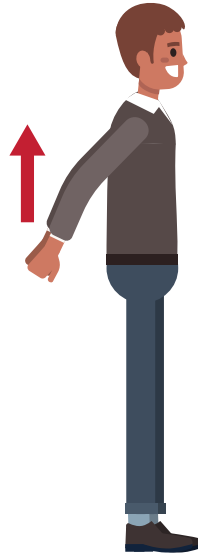
Begin in a standing upright position.

Movement

Clasp your hands behind your back and straighten your arms, then slowly raise them toward the ceiling. Hold when you feel a stretch in your chest and the front of your arms.

Expert tip

Keep your back straight during the exercise.



Standing Neck and Upper Back Stretch

Setup

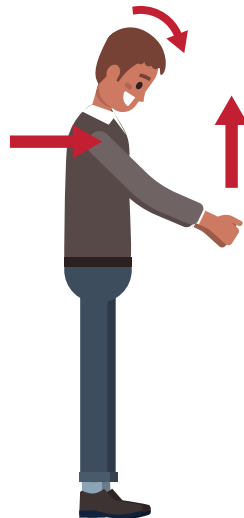
Begin in a standing position. Clasp your hands in front of your body with your arms straight.

Movement

Slowly roll your head downward, bend your shoulders forward and lift your arms until you feel a stretch in your lower neck and upper back. Think about pulling your shoulder blades apart.

Expert tip

Make sure not to slouch your lower back during the stretch.



Plank

Setup

Begin lying on your front, propped up on your elbows.

Movement

Engage your abdominal muscles and lift your hips and legs up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

Expert tip

Keep your back straight and maintain a gentle chin tuck during the exercise.



Standing Scapular Retraction

Setup

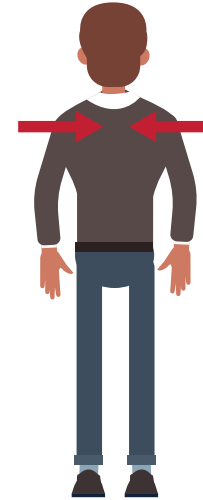
Begin in a standing upright position with your arms resting at your sides.

Movement

Gently squeeze your shoulder blades together, then relax them and repeat.

Expert tip

Keep your back relaxed and do not shrug your shoulders during the exercise.



DON'T IGNORE THE WARNING SIGNS

If aches and pains are getting in the way of your daily activities, take action now! Stop by your nearest ATI Physical Therapy clinic for a complimentary screening and get back to doing you.

