

## **FLEXIBILITY MAINTANCE PROGRAM**

Here is a sample of a full program that can be done at the end of the day or as a maintenance routine anytime. It covers all areas of the body and focuses on the hip area which often seems to be in need of the most attention. This routine has been designed to allow you to move easily from one stretch into the next with a smooth flow and rhythm. Depending on your level of sensitivity, you may want to use a mat or towel if the surface you are stretching on is too hard. The breathing will be described with this routine. The transitions movements should be inhalations and the stretches should be done using exhalations. The amount of times a stretch is only a suggestion. Please note that some photos are shown stretching with the right leg and some are shown with left. This was done for the best viewing of body placement. You may choose to do only a few of the sequences out of this routine and leave out sequences. You can add other stretches for your specific needs. Again the entire concept is to be able to customize you programs and change them as needed.

### **Full Program for Maintenance**

#### **1. Hips Warm-up**



#### **1. Hips to the right**

#### **2. Hips to the left**

**Think of waving your hips from side from side**

1. Start by being in the all fours position, with your hands placed wider than shoulders with fingers pointing outwards and knees are together
2. Slowly rock hips to right side on exhale
3. Now slowly return back to center on the inhale
4. Slowly rock hips to left side on exhale
5. dropping slightly deeper each time
6. Repeat rocking side to side until you feel that you have loosened up considerably and that the movement is freer.

**STRETCH TO WIN  
FULL BODY RESTORATIVE STRETCHING PROGRAM**

**2. FRONT OF HIP AND TORSO OPENER**



**1. Lift torso up**



**2. Rotate torso to the right**



**3. Rotate torso to the left**



**4. Lift torso up once more**



**5. Sit back onto your heels**

**Think of waving up into the stretch and waving side to side and then waving back down to the floor**

1. From hip warm-up, lower your body down to the ground, placing your hands beneath your shoulders in order to do a push up
2. Inhale then press your hands into the ground or floor as you lift your body up on exhale, pelvis, knees and toes are down and relaxed
3. Keep hips pressing into the ground and lengthen the spine through the top of the head
4. Lift up body as far as possible, but do not allow any pinching in the low back
5. Release stretch on inhale then sit back on your heels with an exhale
6. Return to stretch position with an inhale and repeat sequence back and forth until tension in the tissue is greatly reduced
7. Now, from the lifted stretch position, rotate the torso to one side pressing weight into opposite hand on exhale
8. Return to center position on inhale
9. Repeat torso rotation to the other side and continue moving side to side until you feel loose
10. Returning to the center once more, you may increase the stretch by lifting your chin to the ceiling to finish the last stretch
11. Sit back onto heels to relax body and release any tension that may have been felt on the low back during stretch series

## STRETCH TO WIN FULL BODY RESTORATIVE STRETCHING PROGRAM

### 3. HIP OPENERS



1. Beginning position



2. Drop both knees to the right



3. Drop both knees to the left

#### Think of waving knees from side to side

1. From last stretch, drop hips to one side and swing legs around to front for next series
2. Sit with feet slightly wider than hip width apart, feet flat on the floor and arms behind you with palms on the floor, fingers pointing away from body
3. Lean torso back and slowly drop both knees to the right side on exhale
4. Return to center on inhale and repeat dropping both knees to the left on exhale
5. Continue dropping knees side to side until both legs can touch the floor or you feel considerably looser

### 4. SITTING GLUTES



1. Beginning position-  
Reaching torso outward



2. Leaning torso forward



3. Dropping over as far as possible

#### Think of moving the wave up the spine to the top of the head before lowering down to the floor and rolling the wave back up.

1. From the last position of legs dropped to the right bring front foot in until foot touches other knee.
2. Place your hands in front of you in a push up position. Lengthen your torso out from the top of your head as you inhale
3. Exhale, lowering your body over your knee, until you feel a slight stretch then wave back up by rolling through your spine on the inhale.
4. Repeat, going lower on each repetition until you can comfortably lower your body to the floor, placing your head on your hands, feeling the wave of breathing in this position increase the stretch further.
5. Push yourself slightly up and out of the previous position (as in figure 2 above) and do the stretch wave from side to side, progressively making larger movements as your body releases the tightness. In so doing, feel different parts of your body respond and stretch based on the angle that you have discovered to be restricted

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### 5. LATERAL LINE & GLUTES



**1. Walk hand toward back leg**

1. Lift your torso up from the last position, again lengthen your torso out from the top of your head as you inhale.  
2. Slowly exhale as you look around toward your back leg and walk your hands in that direction until you feel a slight stretch. Look back to the front to relieve the stretch with an inhale then exhale as you again look toward your back foot, going a little further each time that you repeat this movement

**2. Drop elbow down to ground**

**3. Reach top arm up overhead**

3. Drop onto your right forearm, press your left hand into the floor and lean back and to the right as you exhale to open up the side of your back, hip and pelvis. Decrease the left hand press to inhale and ease off the stretch, increase the press again with an exhale to increase the stretch  
4. From the last stretch position, inhale then exhale as you reach your left arm overhead, increasing the overall stretch through the addition of the arm movement lengthening your lateral body fascial line.  
5. Rotate torso lifting chest to the ceiling or sky as you exhale and continue reaching hand outward. Turn your palm up toward the ceiling  
**Repeat 4 & 5 on other side**

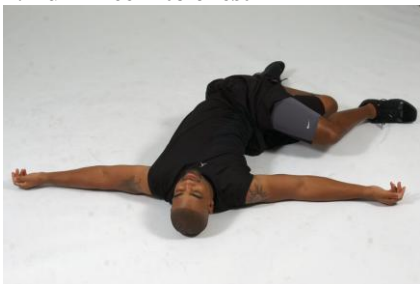
### 6. LOW BACK SERIES



**1. Pull knee into chest**

**2. Drop knee over to right side**

**3. Drop knee to left**



**4. Drop knee to right and open**

**5. Press Left knee with right hand**

**6. Reach left arm overhead**

1. Inhale then pull both knees into your chest on exhale. Repeat with increasing range.  
2. Drop arms out to side (fig. 2) and drop both legs to one side with an exhale, lifting to center on inhale then dropping to other side on exhale. Repeat as necessary.  
3. From knees dropped to one side, slide top leg over bottom leg, inhale and press top knee down toward the floor with the hand on exhale (fig. 6). Release hand press on inhale then press knee down again on exhale, repeating sequence as necessary.  
4. To increase the stretch, slide bottom leg as far away from top leg as possible and press knee to floor keeping both shoulders on the floor; to increase stretch further, reach arm overhead (fig. 6).

**Repeat series on other side**

## STRETCH TO WIN FULL BODY RESTORATIVE STRETCHING PROGRAM

### 7. MORE GLUTES



1. Glutes Maximus



2. Gluteus Medius



3. Gluteus Medius with rock to side

#### 1. Glutes Maximus & deep rotators

1. Cross one leg over the other leg above the knee
2. Inhale then exhale as you push the knee away from the body to target the front of the hip and some of the deep rotators of the leg
3. Inhale then exhale as you pull the top leg toward the chest, one hand on ankle, one on knee keeping it at a 90 degree angle.
4. To increase stretch, you can reach your hands through to the bottom leg and pull both legs toward chest

#### 2. Gluteus Medius

1. From the last position, bring the knee to the center of the body and pull it down into chest
2. Grab the left ankle and bring it down toward the floor with the left hand (fig. 2)
3. Roll your body to the opposite side of the crossed leg to increase the stretch (fig. 3)
4. Explore the different angles and fibers by moving around slightly
5. To increase stretch, move knee to opposite shoulder and pull ankle to floor

**Move into hamstring series from here- straighten leg**

### 8. HAMSTRINGS SERIES



1. Center



2. Medial



3. Lateral

#### Center:

1. Lying relaxed on back with a bent knee and foot on floor, interlace fingertips behind other knee
2. Keeping head and shoulders relaxed on the floor, inhale then exhale as you gently stretch leg up and out of the joint and then toward center of chest (fig. 1, 4)
3. To increase stretch, with each exhalation, try to bring leg closer to chest

#### Medial:

4. From last position, inhale then gently stretch leg up and out of the joint and toward the shoulder on that side (fig. 2, 5)
5. To increase stretch, with each exhalation, try to bring leg up closer to shoulder.

#### Lateral:

6. From the last position, inhale then exhale as you take the leg across the body and up toward opposite shoulder (fig. 3, 6)
7. Gently stretch leg up and out of the joint toward center of chest and opposite shoulder  
To increase stretch, with each exhalation, try to bring leg higher across chest

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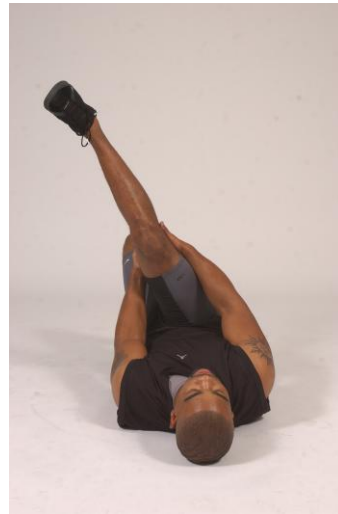
**8. HAMSTRINGS SERIES CONTINUES**



**4. Center straight**



**5. Medial straight**



**6. Lateral straight**

8. From last position, bring leg back to center, inhale then exhale as you straighten your knee while you pull your toes toward your chest until stretch felt (fig. 4). Release the stretch with an inhale. Repeat as needed.
9. Bring leg to same shoulder and straighten knee (fig. 5)
10. Bring leg over to opposite shoulder and straighten knee (fig. 6)



**7. Add dorsi flexion**



**8. Lift your head and tuck your chin**

11. From last position, bring leg back to center and flex foot
12. To progress the stretch, inhale then exhale as you raise your head, performing an abdominal crunch, while in the previous stretch position. Inhale as you return your head to the floor and relax the stretched position. Repeat as needed.



**9. Lean forward**

13. From previous stretch, lower the stretching leg down in front of you and pull the opposite bent knee leg behind you. Lean your torso over to the outside of the stretched leg, supporting yourself with your hands on the floor (fig. 9, 10).
14. Inhale and raise your torso up to the top of your head before lowering with an exhale. To repeat, raise the torso up again with an inhale then lower with exhale, reaching your torso out and down even further as your body allows. Repeat as needed.

**Roll back onto back and Repeat entire glute & hamstrings series on the other side**

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**9. ARM SERIES**

**External Rotators**



**1. External rotators**

**External Rotators**

1. From previous stretch return legs to center and drop them to the side of the shoulder just stretched, rolling onto your side.
2. Position upper arm about 45° down from shoulder level and bent elbow about 90°, hand pointing straight up into the air. Make sure that you have rolled right onto your shoulder to stabilize it.
3. Place other hand on top of arm above wrist, inhale then very gently, press arm down toward floor in the direction of the feet with an exhale.
4. Release slowly back to start position and repeat stretch as needed.
5. To increase stretch, move hand closer to body and repeat
6. To further increase stretch, roll body farther onto shoulder

**Internal Rotators**



**2. Internal rotators**

1. From previous starting position, move hand to underneath wrist and slowly, gently press arm down toward the floor in the direction of the head until stretch felt.
2. Release slowly and repeat stretch as needed.
3. To increase stretch, roll body farther on onto shoulder

## STRETCH TO WIN FULL BODY RESTORATIVE STRETCHING PROGRAM

### 9. ARM SERIES



3. Pecs



4. Biceps



5. Pecs



6. Lats

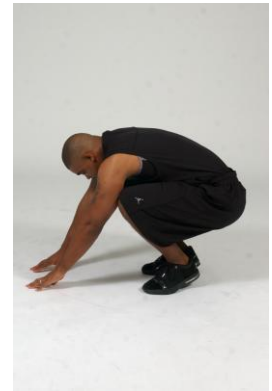
1. From previous position, bring both legs out in front of you, bend your knees then lie down onto your back, arms down by your sides.
2. Inhale then drop your knees to one side.
3. First inhale then exhale as you slowly slide the arm on the other side of your knees up along the floor toward your head. You should feel the different fibers of your shoulder and chest stretch as you change the angle of the arm lift. Continue lifting up until either you touch your head or you feel the movement stop, inhale then exhale as you return back down to your side (fig. 4). Repeat this sequence as needed.
4. To increase the stretch, reach out of your shoulder socket as you move it along the path of stretch. Caution if you get a pinching feeling in the shoulder, then return back to your side and repeat with less effort or reach.



7. Triceps



8. Deltoids & Rhomboids



9. Roll up

#### Triceps

1. From previous position, straighten legs and roll onto stomach with arms straight out in front of you.
2. Inhale then exhale as you bend the elbow of the shoulder just stretched, helping it by grasping the wrist with your other hand until a stretch is felt in your triceps (fig. 7). If tight, you may also feel it in your lats. Make sure that you relax your head and your back as you stretch.
3. To increase stretch, press wrist and fingertips down toward back as you press your armpit into the floor. Caution for shoulder pinching if you use too much effort or over stretch.

#### Deltoids and rhomboids

1. From previous position, straighten out arms then roll onto the side of the arm just stretched. Lower the stretched arm to at or just below the level of the shoulder joint.
2. Inhale then exhale as you slowly roll back onto your arm until a stretch is felt anywhere from the back of the shoulder joint to the area between your shoulder blades. Inhale as you solely roll a little off your arm to ease off the stretch. Repeat as needed.



## STRETCH TO WIN FULL BODY RESTORATIVE STRETCHING PROGRAM

From the previous position, roll off your arm and onto your side then onto all fours to slowly stand up. Caution: do this slowly as a precaution for dizziness. If dizzy, go back down to all fours take several deep breaths before attempting to stand again.

### 10. HIP FLEXOR SERIES



**1. Hip Flexor**



**2. Arm up**



**3. Add side bend**



**4. Add trunk rotation**

1. From standing, kneel down and begin in a lunge position with the right leg back. Inhale keeping your chest lifted up and abdomen slightly pulled in, and then exhale pressing your right hip forward until a slight stretch is felt. Release the stretch and your body slightly on the next inhale then wave into the stretch on the exhale again. Repeat the stretch wave as many times as necessary using the breath until you feel the tissue release.
2. To progress the stretch along the front fascial line of the hips, reach your right arm up as you continue pressing right hip forward-again exhale into the stretch wave as reach your hand upward and lift your torso and arch back slightly. Inhale as you release the stretch position
3. To progress the stretch into the lateral line of the hips and torso, lean your body over to the left side and push right hip out slightly as you exhale into stretch and inhale as you release.
4. Rotate your torso by turning your chest upward. Reach right hand up and turn palm to ceiling or sky, play with the angles of your arm as you exhale. Repeat until you feel all the tissues are moving freely.
5. This stretch may be felt in the front of the hip of the leg pointed back, in one or both groins, in the back, in the opposite hip and in the shoulder of the raised arm.

### 11. Lateral Hip



### 12. Groin -Short Adductors



1. From previous lunge position, inhale then exhale as you lean torso away from back leg, simultaneously gently pushing the back leg hip to the outside until gentle stretch is felt (fig. 11). Repeat as needed.
2. From previous position inhale then exhale, stepping front leg out to a side lunge until stretch is felt. Reduce the lunge to decrease the stretch with and inhalation. Repeat as needed.
3. To increase the stretch, deepen the lunge or slightly vary the angle of the lunge with a slight change in foot position.

**Repeat other side**

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From previous stretch, get on to all fours position and slowly return to standing position.

### 13. ROLL UP-Back Line



1. Push back into feet



2. Straighten knees



3. Roll up



4. Stand Tall

### 14. FULL FASCIAL STRETCH



1. Reach upward



2. Roll through center



3. Reach over to side



4. Stretch upward once more

1. After you have rolled up to standing, inhale then first reach head, arms and torso up before exhaling with a slight backward bend
2. Bend knees slightly as you return to start position, arms down by your side. Repeat as needed.
3. Inhale then exhale raising one arm up and reaching the head and torso up before leaning over to the side until stretch is felt. Continue the moving forward until you are bent over to the front before coming up to repeat on the other side. Repeat one side then the other as needed.
4. Finish the same way as starting this section by reaching up with head, arms and torso before gently leaning back as a final movement to finish this series.