



OCTOBER THRIVE THURSDAY

THE LADY BONE DOC WILL SEE YOU NOW...

STANDING STRETCHES FROM HEAD TO TOE

HEAD ROLLS

The LadyBoneDoc recommends: 3 sets of 3, daily

You should feel the stretch all around the neck and upper back region. Head rolls work the trapezius and cervical spine muscles.

1. Take a seat in a chair or stand with your weight evenly distributed. Make sure your shoulders are relaxed and not shrugged.
2. Gently lower your gaze as you bring your chin towards your chest.
3. Slowly roll your head to the right as you turn your head, bringing your right ear over your right shoulder. Hold this position for 5 seconds.
4. Roll your head back to your chest and then over to the left, again turning your head so that your ear is over your shoulder. Hold again for 5 seconds.
5. Carefully roll your head in a clockwise position, circling three times total.
6. Slowly reverse directions and roll your head counterclockwise again, circling three times total.





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CROSSOVER ARM STRETCH

The LadyBoneDoc recommends: 4 times per side, 5-6 days a week

You should feel the stretch at the back of your shoulder.

This stretch works the posterior deltoid.



1. Begin standing up, with your weight evenly distributed between both feet and your shoulders relaxed.
2. Gently move your right arm to the left, across your chest, as far as it can go, with your opposite hand supporting your upper arm (without putting pressure on your elbow). Hold for 30 seconds.
3. Release your arms to your side and relax for 30 seconds.
4. Repeat the movements from step 2 with the left arm.

WRIST EXTENSION STRETCH

The LadyBoneDoc recommends: 5 reps 4 times a day

This stretch should especially be done before activities.

1. Raise one arm straight in front of you, so it is parallel to the ground, making sure not to lock your elbow, and bend your wrist back with your palm facing outward.
2. Place your opposite hand on the palm of your raised hand and gently pull it toward you. You should feel a stretch on the inside of your forearm. Hold this for 15 seconds.
3. Repeat this five times and then switch arms and begin again.





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WRIST FLEXION STRETCH

The LadyBoneDoc recommends: 5 reps, 4 times a day
This stretch should especially be done before activities.



1. Raise one arm straight in front of you, so it is parallel to the ground with the palm facing down. Make sure not to lock your elbow; bend your wrist so that your fingers are pointing to the floor.
2. Using the opposite hand, gently pull your flex hand toward your body. You should feel a stretch on the outside of the forearm. Hold for 15 seconds.
3. Repeat this five times and then switch arms and begin again.

HEEL CORD STRETCH

The LadyBoneDoc recommends: 2 sets of 10, daily

This stretch is felt in your calf down into your heel. The Heel Cord Stretch focuses on the gastrocnemius-soleus complex.

1. Facing a wall stand with your unaffected leg forward with a slight bend in the knee. The other leg should be straight behind you with your heel flat and toes only slightly pointed.
2. Make sure that both heels are flat on the ground and press your hips toward the wall. Hold for 30 seconds. Be careful not to arch your back while in this position.
3. Relax for 30 seconds and then repeat.





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STANDING QUADRICEPS STRETCH

The LadyBoneDoc recommends: repeating 2 to 3 times, for 4-5 days a week

This stretch is felt in the front of your thigh and focuses on the quadriceps.



1. If needed, hold onto a chair, wall, or high table for balance. Putting weight on one leg, bend the opposite leg at the knee as you bring your heel towards your buttock. Make sure not to arch or twist your back.
2. Hold your ankle with your hand on the same side and pull your foot closer to your body. Hold this position for 30 to 60 seconds.
3. Slowly release your leg and repeat with the opposite leg.

STANDING ILIOTIBIAL BAND STRETCH

The LadyBoneDoc recommends: 2 sets of 4, daily

This stretch is felt at the outside of your hip and focuses on the tensor fascia.

1. Stand with a wall next to you for support. Take the leg closest to the wall and cross it behind the other leg.
2. Tilt your hip toward the wall until you feel the stretch in the outside of the hip. Make sure not to lean forward or twist at the waist. Hold for 30 seconds.
3. Return to standing, turn around and repeat on the other side.





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FLOOR BASED STRETCHES

SEATED ROTATION STRETCH

The LadyBoneDoc recommends: 2 sets of 4, daily

This stretch is felt in the buttocks and at your sides and focuses on the piriformis.



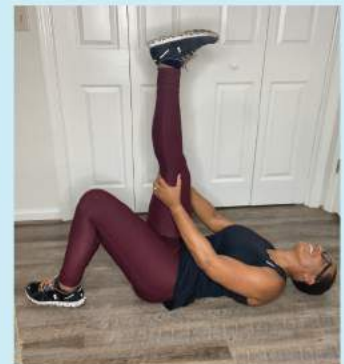
1. Start seated on the ground with your legs stretched out in front of you. Take your right leg and cross it over the other.
2. With your sit bones pressed into the floor, place your right hand behind you for support and slowly twist to the right with your left arm over your right leg. Use your left arm to twist further and deepen the stretch.
3. Gently turn your head to look over your right shoulder and hold for 30 seconds. Then, slowly release your twist and come back to the center.
4. Alternate stretch to the left side. Repeat the entire cycle 4 times.

SUPINE HAMSTRING STRETCH

The LadyBoneDoc recommends: 2 sets of 4, daily

This stretch is felt at the back of the thigh and behind the knee and focuses on the hamstrings

1. Start out laying on the ground with both knees bent.
2. Bring your right knee in toward your chest and place your hands behind the thigh, just below the knee. Straighten out the right leg and carefully pull it toward your face until you begin to feel a stretch. Make sure not to pull at the knee joint. If you cannot reach behind the thigh, you can use a towel to further your reach. Hold for 30-60 seconds.
3. Release and rest for 30 seconds. Repeat on the left side.





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KNEE TO CHEST

The LadyBoneDoc recommends: 2 sets of 4, daily

This stretch is felt in the buttocks and works the gluteus maximus and gluteus medius.



1. Start out laying down on the floor with your legs stretched straight out and your lower back pressed against the floor.
2. Bend your right knee and bring it towards your chest as you place your hands on the shinbone.
3. Pull your knee into your chest as far as possible and hold for 30 seconds.
4. Release your arms and leg and rest for 30 seconds. Repeat on the left side.
5. Pull both knees towards your chest and hold for 30 seconds before releasing.

MODIFIED SEAT SIDE STRADDLE

The LadyBoneDoc recommends: 10 rounds, daily

This stretch is felt in the back of the thighs into the lower/middle back and focuses on the hamstrings, extensor muscles, and erector spinae.

1. Start out seated on the ground with one leg stretched out in front of you, and the other leg bent.
2. Sit tall and slowly bend at the hips and reach your hands out for your toes in front of you. Hold for 5 seconds.
3. Round the spine as you slowly lower your reach and place your hands on your shin or ankle. Gently bring your head down as close to your knee as you can go. Keep leg straight as you lower your head. Hold here for 30 seconds.
4. Release and rest for 30 seconds. Repeat on the other side.





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KNEELING BACK EXTENSION

The LadyBoneDoc recommends: 10 times, daily

This stretch is felt in the lower back and abdominals and focuses on the quadratus lumborum and erector spinae.

1. Start on your hands and knees in a tabletop position. Make sure your shoulders are directly over your hands and that your gaze is to the floor to keep your neck in alignment with your spine.
2. Gently rock forward onto your arms as you round the shoulders, allowing your lower back to sink towards the ground. Hold here for 5 seconds.
3. Gently rock backward until your buttock is sitting as close to your heels as possible. Extend both arms in front of you and hold here for 5 seconds.



HAPPY STRETCHING!