

Canberra Weekly: Stretch and Sleep Routine

ACT

2 Sets / 10 Reps / 1 s hold



1. Thoracic mobilisation, side-lying position

Lie on your side with your head supported on a pillow and your knees bent at 90 degrees.

Reach your arms out in front of you, with your hands together.

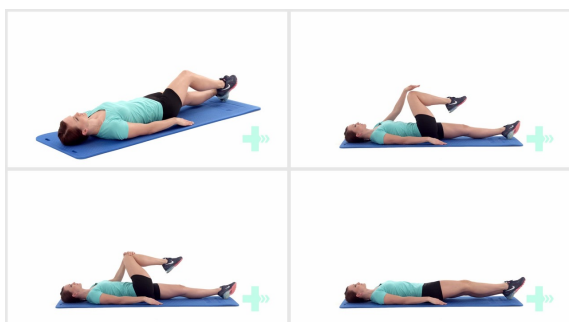
Rotate the upper arm upwards and outwards from your trunk.

Try to rotate as far as you can, without forcing the shoulder.

Hold in the maximum position.

Note: You can adjust the level at which you rotate by adjusting the angle of your knees.

3 Sets / 1 Rep / 20 s hold



2. Gluteal muscle stretch [30600]

Lie on your back in a comfortable position.

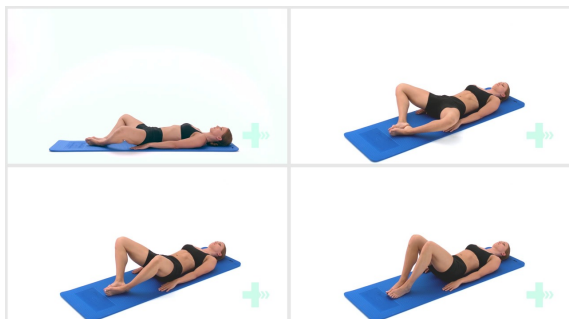
Now, bring one knee up towards your opposite shoulder.

You should feel a comfortable stretch, not pain, in your deep buttock muscles.

To increase the stretch push your flexed hip gently downwards.

Maintain this position for 30 seconds.

2 Sets / 3 Reps / 10 s hold



3. Supta Buddha Konasana or Reclined Butterfly Pose

Lie on your back and bend your knees.

Put your feet together and let your knees drop apart.

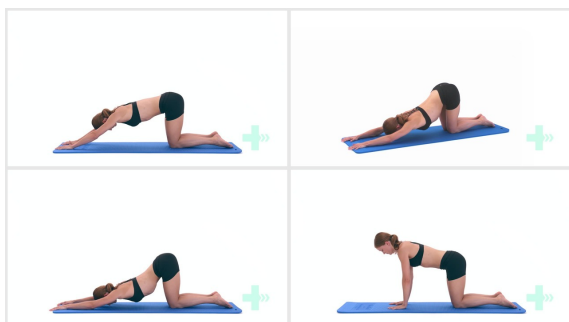
Bring your feet a couple inches apart.

Slowly engage the pelvic floor and abdominal transversus abdominus muscle, by pressing your lower back into the mat and then engaging inner thigh muscles very slowly.

Take 30 to 60 seconds to bring the knees all the way up.

Your muscles might shake at this point but that is completely natural.

1 Set / 3 Reps / 20 s hold



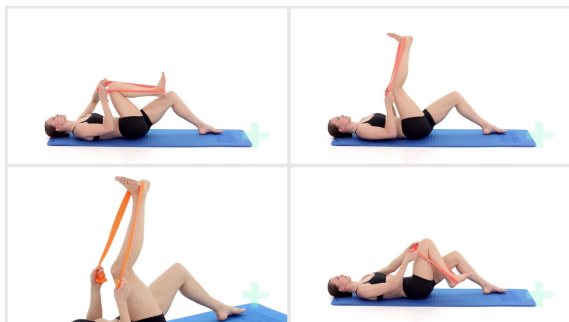
4. Puppy dog pose

Start on your hands and knees.

Walk your hands forward.

Push your hips up to the ceiling as you allow your chest to drop down to the floor.

Keeping stable in the shoulders, slide your shoulder blades down toward your hips and let your chest settle on the floor.



5. Distal hamstring stretch with belt

Lie on your back with a belt around the ball of your foot on your affected leg. Tuck your knee into your chest and take up the slack of the belt in each of your hands.

Keeping your knee tucked into your chest, use the belt to assist your foot towards the ceiling, straightening your knee.

Hold this position and feel the stretch into the back of your thigh.

Bend your knee to reduce the stretch and return to the start position.