

Patty's PT Tips

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Simple Seated Stretches

1. **Box Breathing or 360 BREATHING:** - sit tall -pelvic floor up - push into ribs with hands inhale (breathe in: 3-4 sec) - blades down -take a breath in - push out into hands - visualize expanding your core cylinder out in a circle hold breath (2-3 seconds) - fill upper belly- ribs-low back exhale (breathe out:4-5 sec) - blow air out saying "Hahhhhhhhh" by opening your throat - BLOW ALL of your air out until you feel like there is no air left - PULL ABS IN & PELVIC FLOOR UP-as described by Trevor Wickam in The MS Gym

Breathing is an essential piece of EVERY stretch you perform. Slow and steady is always right.

2. Neck Exercises to lengthen and increase range of motion

- Neck Rotations Chin retraction/double chin posture 3-5x.
- Chin retraction (tucks) and nod "Yes" 3-5x
- Chin retraction then rotate 3-5x to the right; 3-5x to the left. Pause between reps
- Ear to shoulder 45 degrees to each shoulder in chin tuck position. Pause. 3-5x each side
- Cervical "clock" or "nose circles"-5x clockwise and 5x counterclockwise-smooth, slow

3. Upper trunk rotations-reaching to top of chair back each side-slowly and breathing into stretch

4. Lateral Trunk stretching (side bending) and Reaching-keep your balance

5. **Shin/Ankle/Floor touching as able in sitting-** Respect hip and back pain
6. **Seated Cobra-**hands on knees and arching backwards with gentle chin lift
7. **Hamstring stretching-**leg extended as far as knee will allow. Use a stretching strap under arch of foot and assist the hamstring and calf muscles to stretch.
Avoid muscle cramping!
8. **Quadriceps stretching-**sit with one thigh dangling off side of chair seat. Sole of foot pointed behind you. Slide thigh backwards to create a straighter angle at hip joint. You may include reaching up with the arm on that same side for more stretch.
9. **Ankle stretching-**tuck one flat foot under chair seat. Push hands into knee to feel stretch in calf muscles-one leg at a time. Try with toes pointed in and toes pointed out to get different aspects of calf muscles
10. **Inner thigh stretch-**lean forward-each hand on opposite inner aspect of knee joint. Push knees away from each other to create a “v” position of thighs. Feel stretch in groin muscles.