

7 QUICK & SIMPLE STRETCHES



To OVERCOME
Joint Pain

Introduction.

When meeting with patients during our first visit, we always ask them what their goals are for therapy.

Mostly, people say something like “I just don’t want to be in pain anymore”. The next question we ask, the one that gets them thinking is “Why?”. There is always a why and that is what makes the “living pain free” goal worth attaining. The why makes the effort of reaching that goal worth the work.

Some why’s we hear are; “I want to be able to go to the store without taking breaks and leaning on the cart”, “I want to be able to watch my grandchildren”, “I want to play pickleball and garden”, and the list goes on. These are their true hearts desires as to why they are sitting in front of me. Sure they want to have less pain, but they really want to be able to keep up with life, their kids, and friends.

When we make specific goals it changes the “Why” to “How”. And that’s my goal for you today. If your reading this, then like many others you have a desire behind wanting to improve your pain. The first step is to make a personal goal for yourself that is specific and leads to your “why”.

“Action is the foundational key to all success.” - Pablo Picasso

Today we will be talking about 7 stretches targeted to improving joint pain and increasing mobility. Please know that these are only targeting major problem areas and not specific to any individual and may not help muscle issues or general aches and pains.

Only an evaluation by a Licensed Physical Therapist can determine isolated pain and the issues that might be impacting it. Usually it comes down to muscle trigger points, joints, tendons, nerves, or strains.

For those of you who want something specific to you, call now and we can do a free screen and figure out exactly what is going on!

(302) 234-2288

1. Back Stretch

This is a great general stretch to the lower back for those aches and pains that grab or stab at your lower back. By maintaining range in your lower back and keeping it strong with good lifting mechanics you can avoid those days where you throw your back out grabbing a pen off the ground!

Arm opening



Client's aim

To stretch or maintain range in your back.

Client's instructions

Position yourself on your side with both arms in front of you, your knees and ankles together and your knees comfortably bent. Lift your top arm to the ceiling and then touch the bed behind you. Return to the start position.

2. Wrist Stretch

This is my FAVORITE Carpal Tunnel stretch. If you suffer from finger numbness, tingling, or pain due to carpal tunnel this is a great stretch that can help. It opens the carpal tunnel and feels amazing too! Let me know what you think if it helps!

Self-assisted wrist flexor stretch



Client's aim

To stretch tight tissue over your forearm, wrist and fingers.

Client's instructions

Position your arm outstretched and your palm facing the front. Straighten your fingers and bend your wrist back with your other hand. Ensure that your elbow remains straight.

3. Head Stretches

Well, I couldn't choose just one neck stretch, so why not 3! Here are my favorite neck stretches to help with those pesky headaches and sleepless nights of neck pain! Not to mention it helps driving too, many of our patients say they can finally look in their side view mirrors without turning their whole body now! Let me know if it helps!

Head turn with over pressure

**Client's aim**

To stretch tight tissue over your neck.

Client's instructions

Position yourself in sitting with good posture. Turn your head to the side with your opposite shoulder lowered. You might need to adjust your position to find the maximal area of stretch by tilting, extending or turning your neck or a combination of all as instructed by your physiotherapist. You can increase the stretch by over pressing with your hand.

Ear to the shoulder with overpressure

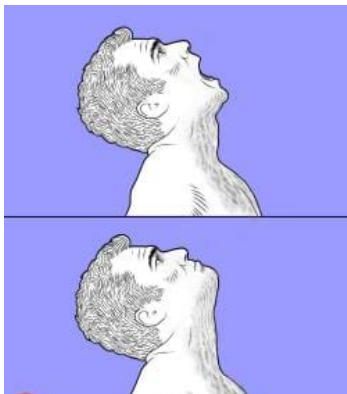
**Client's aim**

To stretch tight tissue over the side of your neck.

Client's instructions

Position yourself in sitting. Tilt your head to the side with your opposite shoulder pulled down and lowered. You might need to adjust your position to find the maximal area of stretch by rotating or tilting your neck or a combination of both as instructed by your physiotherapist.

Anterior chest, neck and chin stretch

**Client's aim**

To stretch tight tissue over the front of your neck, chest and chin.

Client's instructions

Position yourself in sitting. Look towards the ceiling with your mouth open. Slowly close your mouth with your chin thrust forward.

4. Hamstring Stretches

Do you have tight hamstrings? They could be contributing to your back pain, making long car rides almost unbearable... Many of our patients have tight hamstrings that cause them to have low back pain too. Maybe this is the stretch that finally helps your back to relax and ease.

Hamstring stretch

**Client's aim**

To stretch or maintain length of the muscles at the back of your leg.

Client's instructions

Position yourself so you are sitting on the edge of the chair. Place your affected leg straight in front of you resting your heel on the floor. Sit up tall, resting your hand on your other knee. Gently hinge forward keeping your back and knee straight until you feel a stretch behind your leg.

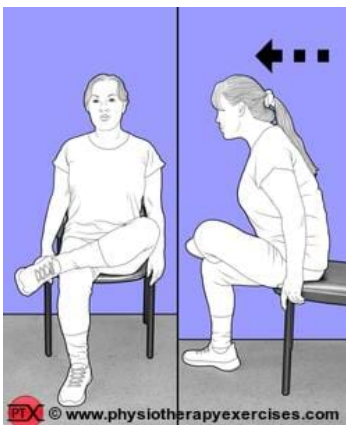
Precautions

If you feel pain going down your leg into your calf and/or foot you can gently bend your knee and/or adjust your foot position to be relaxed and gently pointed down towards the floor.

5. Hip Stretch

Do you have Sciatica or burning/shooting pain down the back of your leg? This stretch could be your saving grace. This is often times my go to stretch for shooting or burning pain that radiates down the back of your leg. Hope it helps!

Seated gluteal stretch

**Client's aim**

To stretch or maintain the length of muscles in the buttocks.

Client's instructions

Sitting on a chair with your foot on the opposite knee. Gently allow your knee to drop towards the floor and lean forward to the point of stretch and hold.

6. Shoulder Stretch

This is one of my favorite shoulder exercises! Usually I run into someone with one back shoulder, and its usually frozen. This is a great exercise becuae you can use your “good” arm to help gain more movement in your frozen shoulder. Just do not push it and only do what feels comfortable.

Active assisted shoulder flexion 90 to 180 degrees

**Client`s aim**

To improve range of motion of your shoulder.

Client`s instructions

Position yourself in supine and hold a walking stick with both of your hands. Raise both hands above your head so that you feel a stretch in your shoulder. Try and touch the pillow behind your head.

6. Shoulder Stretch

Why not save the best for last! My favorite stretch is one that stretches your whole spine. From your buttocks to your neck! I love this stretch, just hold it until you feel a nice release throughout your entire back and neck!

Spinal rotation stretch in sitting with the arms crossed

**Client`s aim**

To stretch or maintain range in your spine.

Client`s instructions

Position yourself sitting with your hands folded across your chest. Rotate your head and trunk to one side.

Precautions

1. Impaired or absent sensation of stretch.

Bonus.

PHYSICAL THERAPY

Of course the best way to see results is to consult your local Physical Therapists.

They are trained to look at individual strengths and weaknesses to help achieve maximal levels of fitness, mobility, and independence.

If you found this helpful and are looking to get back to doing the things you love then....

Contact us today for a FREE SCREEN... We will go over all your main pain points and finally figure out what is actually going on and then put together a nice plan for you to be able to carry out.

Call now for a free screen!

(302) 234-2288

No Referral Needed, Just Call Now!



MEDICAL DISCLAIMER

Credit

This Disclaimer was created using a Contractology template available at www.freenetlaw.com.

No advice

This website contains general information about medical conditions and treatments. The information is not advice, and should not be treated as such.

Limitation of warranties

The medical information on this website is provided "as is" without any representations or warranties, express or implied. Performance Physical Therapy makes no representations or warranties in relation to the medical information on this website.

Without prejudice to the generality of the foregoing paragraph, Performance Physical Therapy does not warrant that:

- the medical information on this website will be constantly available, or available at all; or
- the medical information on this website is complete, true, accurate, up-to-date, or non-misleading.

Professional assistance

You must not rely on the information on this website as an alternative to medical advice from your doctor or other professional healthcare provider.

If you have any specific questions about any medical matter you should consult your doctor or other professional healthcare provider.

If you think you may be suffering from any medical condition you should seek immediate medical attention.

You should never delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of information on this website.

Liability

Nothing in this medical disclaimer will limit any of our liabilities in any way that is not permitted under applicable law, or exclude any of our liabilities that may not be excluded under applicable law.

Credit

Exercises pictures and descriptions provided from physiotherapyexercises.com