



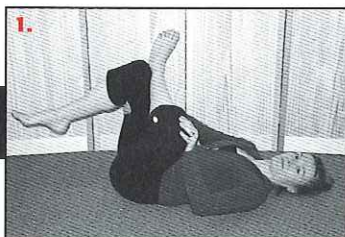
"BEST EVER" STRETCHES

These stretches are recommended for elite & recreational athletes, & fitness enthusiasts. Tight muscles inhibit joint movement and are responsible for many acute & chronic injuries. Don't neglect your stretching regime – it is a key to attaining peak performance & long-term health!

GENERAL GUIDELINES: Stretch warm muscles 3-7x/week; hold each stretch 1-2 minutes.

*If you have specific strength &/or stretching needs, please see a qualified physiotherapist or strength and conditioning coach.

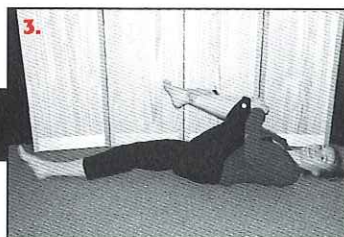
RECOMMENDED STRETCHES: _____



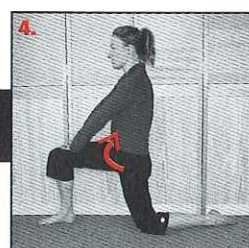
External Rotators
Gluteal Muscles



Iliotibial Band (ITB)
Vastus Lateralis



Gluteal Muscles
Piriformis



Hip Flexors
Tensor Fascia Latae



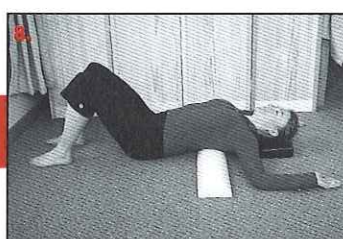
Quadriceps
(lying or standing)



Adductors



Hamstrings
(use wall or hold towel)



Thoracic Spine
Pectoralis Muscles



Gastrocnemius
(straight knee)
Soleus
(bent knee)



Latissimus Dorsi
(+ pull to side)



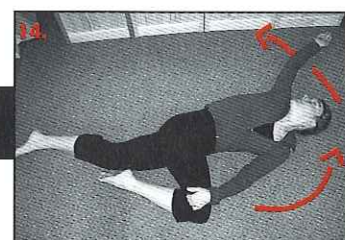
Quadratus Lumborum
Latissimus Dorsi



Pectoralis Group



Posterior Shoulder
(pull shoulder blade back)



Back & Pectoralis Muscles

Alter, M.J.; The Science of Flexibility, 2004; Human Kinetics; Champagne, Illinois / Friel, Joe.; The Triathletes Training Bible. 1998; Velo Press.; Boulder Colorado

Stark, S.; The Stark Reality of Stretching, 1997; The Stark Reality Corp.; Richmond, BC, Canada / Wilkinson, A. Stretching the Truth: A review of the literature on muscle stretching, 2002; Austr. J. Physio. Vol. 38: 283-287

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