

Stretching Routine

Week of: _____

Routine given to me by: _____

Ten stretches with a figure for each one. Write your own hold time in the Hold column - how long and how often is for you, or for whoever gave you the routine, to decide.

	Stretch	Hold	M	T	W	T	F	S	S	Notes / how it went
	1. Neck side stretch	_____	☐	☐	☐	☐	☐	☐	☐	
	2. Cross-body shoulder stretch	_____	☐	☐	☐	☐	☐	☐	☐	
	3. Chest and doorway opener	_____	☐	☐	☐	☐	☐	☐	☐	
	4. Overhead side bend	_____	☐	☐	☐	☐	☐	☐	☐	
	5. Standing forward fold	_____	☐	☐	☐	☐	☐	☐	☐	
	6. Standing quad stretch	_____	☐	☐	☐	☐	☐	☐	☐	
	7. Calf stretch at a wall	_____	☐	☐	☐	☐	☐	☐	☐	
	8. Seated figure-four	_____	☐	☐	☐	☐	☐	☐	☐	
	9. Kneeling child's pose	_____	☐	☐	☐	☐	☐	☐	☐	
	10. Knee to chest, lying down	_____	☐	☐	☐	☐	☐	☐	☐	

Move into each stretch slowly and stop at the first sharp pain. If a stretch was given to you for an injury, keep to the version your physiotherapist showed you.