

Stretch Strap Total Body Stretches



Upper Trapezius

Stand in an upright position and secure the middle of the strap under the foot of the trapezius to be stretched. Hold the other end, keeping your elbow straight at your side. Tilt and turn your head to the side being stretched. Keeping your elbow straight, shrug your shoulder upward and hold for 10 – 30 seconds. Slowly lower your shoulder and turn your head back to the starting position. Relax and repeat tensing and stretching 2 – 3 times. Repeat stretch with other shoulder.



Triceps/Shoulder Internal Rotation

Hold one end of the strap behind your back by the arm to be stretched. Hold the other end of the strap with your free hand and raise arm above your head. Keeping your upper arm bent, pull down against the strap to extend your elbow and stretch your tricep. Return the arm behind your back to the bent position and pull upwards with the overhead arm, straightening out your elbow, stretching your shoulder. Stretch and hold for 10 – 30 seconds, relax and repeat tensing and stretching 2 – 3 times. Switch hand positions to stretch the other tricep and shoulder.



Wrist Flexors

Step on the middle of the strap. Sit and hold one end of the strap with the hand of the wrist to be stretched. Support your forearm with the other hand (palm facing up). Curl your wrist upward, into flexion. Make sure your forearm remains parallel to the ground. Slowly drop your wrist towards the ground to extend and stretch your forearm. Hold stretch 10 – 30 seconds, relax and repeat tensing and stretching 2 – 3 times. Switch hands and repeat.



Chest

Hold both ends of the strap and wrap it across your upper back. Extend arms out to the side and slightly in front of your body. Keep your elbows straight and arms at shoulder height. Pull both ends of the strap toward each other in front of your chest. Slowly swing your arms outward, allowing the strap to pull both of your arms slightly behind your body, stretching your chest. Hold stretch 10 – 30 seconds, relax and repeat tensing and stretching 2 – 3 times.



Shoulder External Rotation

Anchor one end of the strap under a table or bed up near where your head will be. Roll a small towel and place it under your arm right by your shoulder to support your upper arm. Lying on your back with both your shoulder and elbow bent to 90°, grasp the other end of the strap. Pull your hand upward against the strap, rotating your arm towards your feet. Keep your shoulder and elbow bent to 90°. Exhale as you allow the strap to pull your shoulder down, stretching the front of your shoulder. Hold stretch 10 – 30 seconds, relax and repeat tensing and stretching 2 – 3 times. Switch sides and repeat.



Outer Thigh

Place the end of the stretch strap around the middle of foot to be stretched. Lie on your back with the same leg straight up in the air and the other leg extended on the floor. Wrap the strap to the inside of your ankle, behind your calf and across your knee and hold the other end of the strap with your opposite hand by your shoulder. Lift your leg and lower it across your body as far as comfortable, keeping your spine neutral. Keeping your outer thigh muscle tense, try to move your leg back to center while resisting with the strap. Hold stretch 10 – 30 seconds, relax and repeat tensing and stretching 2 – 3 times. Switch sides and repeat.



Calf

Sitting on the floor with a straight back and legs extended, put the middle of the strap around the ball of your foot, hold the ends of the strap in your hands at your waist. Keeping your knee straight, push your foot downward against the strap. Exhale as you gently pull the strap toward you, stretching your calf muscle. Hold stretch 10 – 30 seconds, relax and repeat tensing and stretching 2 – 3 times. Switch feet and repeat.



Inner Thigh

Hook the end loops around each foot, sit in neutral position, and widen your legs to a comfortable position. Grasp your hands as far down on the straps as possible. While tensing the inner thigh muscles, try moving your legs toward center while resisting with your hands grasping the strap. Relax for a moment, then move legs farther apart while hinging from the hips and bending forward. Keep neutral spine and your head up. Hold the stretch for 10 – 30 seconds. Repeat tensing, relaxing and stretching your inner thigh muscles 2 – 3 times.



IT Band

Start by lying on the floor on your side to be stretched. Place your foot closest to the floor in the loop of one end of the strap. Hold the other end near your chest. Lift the leg in the strap 4" – 6" off the floor and slightly in front of your body (about 20°). Maintaining a straight knee, push your leg downward toward the floor against the strap, maintain your hand position. Exhale as you pull the end of the strap toward your head, lifting the leg with your knee straight to stretch the outside of the leg. Hold stretch 10 – 30 seconds, relax and repeat tensing and stretching 2 – 3 times. Switch sides and repeat.



Hip Flexor

Start by lying on the floor on your opposite side to be stretched with your knee bent. Place your foot in the loop on one end of the strap. Hold the other end over your shoulder in front of your chest. Keeping your knee locked in the bent position, rotate your hip and thigh forward pulling on the strap. Exhale as you pull the strap over your shoulder, bringing your hip backward behind your body to stretch the front of the hip. Hold stretch 10 – 30 seconds, relax and repeat tensing and stretching 2 – 3 times. Switch sides and repeat.



Quads

Start by lying on your stomach with one end of the strap secured around the top of your foot and your knee bent back. Hold the other end of the strap in your hand and over your shoulder. Push your foot against the strap by extending your knee. Exhale as you pull the strap over your shoulder, stretching your quadriceps as you bend your knee. Hold stretch 10 – 30 seconds, relax and repeat tensing and stretching 2 – 3 times. Switch legs and repeat.



Hip External Rotation

Start by lying on your back with your hip and knee bent to 90°. Secure your foot in a loop of the strap. Hold the strap with the opposite hand near the bent knee. Rotate your leg outward pushing against the strap. Keep thigh upright and lower leg parallel to the ground. Exhale as you pull the strap toward your opposite shoulder, stretching your hip. Hold stretch 10 – 30 seconds, relax and repeat tensing and stretching 2 – 3 times. Switch legs and repeat.



Sitting Hamstring

Sitting tall with neutral spine, bend the right leg and place your right foot against your left inner thigh. Place left foot in the end loop and extend the leg out. Grasping onto the strap hinge forward from your hip with the neutral spine, reaching chest over your left knee. Gently pull back on the strap while tensing left hamstring and pressing back of leg down into the floor. Reach hands down farther on the strap. Hold stretch 10 – 30 seconds. Relax and repeat tensing and stretching your hamstrings 2 – 3 times on both legs.



Glute/Lower Back

Start by lying on your back with your hip and knee bent to 90°. Place the middle of the strap behind your knee and hold the ends of the strap. Push your knee away from your body extending your hip while maintaining hand position. Exhale as you pull the strap and your knee toward your head, stretching your low back and hip. Hold stretch 10 – 30 seconds, relax and repeat tensing and stretching 2 – 3 times. Switch legs and repeat.



Lying Down Hamstring

Start by lying on your back with one knee bent. Place your opposite foot in a loop at one end of the strap and hold the other end at your chest. Exhale as you pull the strap and leg toward your heel stretching your posterior thigh. Keeping your knee straight, push your leg downward, extending your hip against the strap. Hold stretch 10 – 30 seconds, relax and repeat tensing and stretching 2 – 3 times. Switch legs and repeat.