

## Senior Stretches for General Tightness

Stretches Provided by Dr. Chris Edwards, DO, *Rocky Vista University College of Osteopathic Medicine* and Trenton Laird, PT, DPT, ATC, *Fit Physical Therapy*

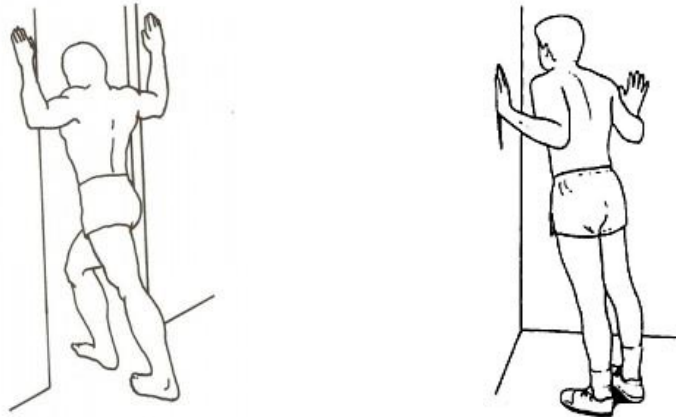
“Several cases of spine, hip and shoulder pain are associated with older adults sitting too much, causing slow changes in soft tissue restriction, so I thought I would give you some of my go to stretches for general tightness associated with prolonged sitting.”

– Trenton Laird, PT, DPT, ATC

Submit your favorite stretch at <https://forms.gle/1VyQfnb8G5YuRtyZ7> and be entered to win a raffle!

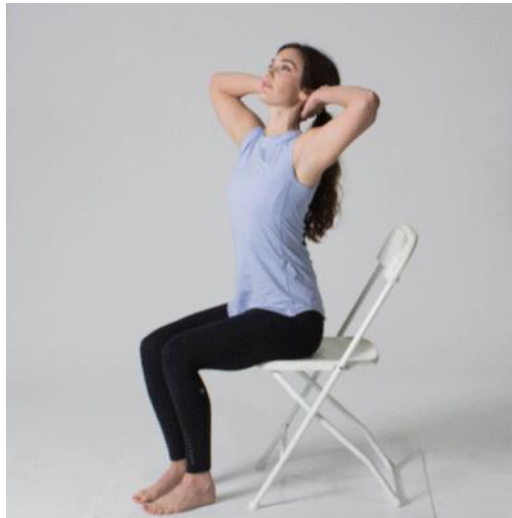
### Corner or Door Frame Pec Stretch

- Stand in an open doorway or corner with both hands slightly above your head on the door frame or wall. Slowly lean forward until you feel a stretch in the front of your shoulders. Hold 15 to 30 seconds. Repeat 3 times.



### Thoracic Stretch Over Chair

- Sit in a chair and clasp both arms behind your head. Gently arch backward and look up toward the ceiling. Repeat 10 times. Do this several times each day or as needed.

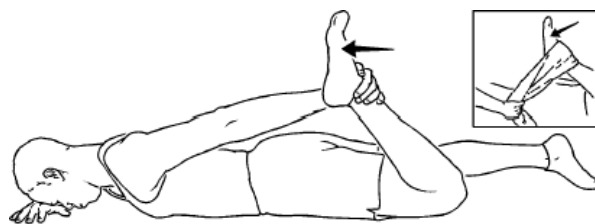


**Rectus Femoris/Hip Flexor Stretch – standing with chair supporting foot of flexed knee or prone quad stretch**

- Standing with Chair: Stand up between two steady chairs. Place the top of the foot of the leg to stretch on top of the chair behind you (this can be on the seat or back of the chair depending on your flexibility). Keep your back straight and aligned over your hips. You can bend the knee of the leg you're standing on for a deeper stretch. Hold the position when you feel a comfortable stretch in front of your thigh.

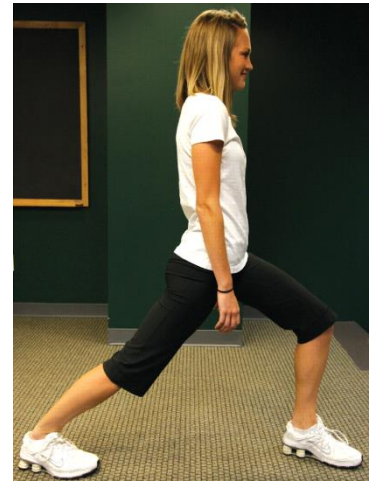


- Prone: On your stomach, lie on the table/bed/floor and place a rolled towel under one knee. Grab your ankle behind you and pull your ankle up behind. If you are unable to reach your ankle you may use a belt or towel looped around your ankle. Hold for 30 to 60 seconds.



**Lunge Hip Flexor Stretch**

- This stretch is for the front of the hips which become tight with chronic sitting.
- Stand with one leg forward, knee slightly bent, and the other leg back with the knee straight in a lung position. You may brace yourself on a wall or table. Move the hips forward until a gentle stretch is felt in the front of the hip on the back leg. You may rotate your hips side to side to stretch different parts of the hip. Focus on areas that are tightest. Hold the position for 20 seconds while taking deep, slow breathes. Stand and repeat on the other leg.



### Hamstring Stretch Supine

- Lie on the floor on your back, with both knees bent and your feet flat on the floor. Put a towel around the back of your right thigh. Tighten your stomach muscles.
- Slowly pull on the towel to pull your right leg toward your chest. Straighten your right leg or keep it slightly bent. Raise it as high as you feel comfortable. Hold for 30 to 60 seconds. Lower the leg back down to the floor. Repeat 2 to 3 times. Switch legs and repeat.



## Seated Hamstring Stretch

- Sit with one leg forward, toes pointed to the ceiling. Bend at the waist while keeping the lower back straight, searching for tightness in the back of the forward leg. Hold this position for 20 seconds, feeling the gentle tension in the hamstrings, knee, or calves. As you stretch, take deep, slow breathes. Repeat on opposite leg.



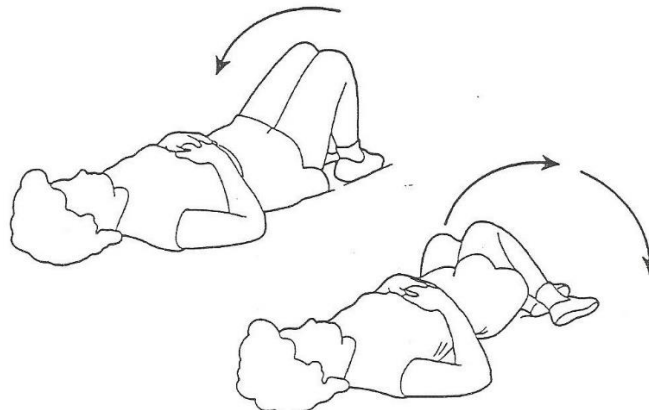
## Standing Wall Calf Stretch

- Stand about two feet away from a wall. Place the ball of your right foot against the wall while your heel remains on the ground. Slowly and gently lean into the wall while keeping your knee straight. Hold for 30-60 seconds when you feel a comfortable stretch.



## Lower Trunk Rotation in Spine

- Lie on your back. Keep your back flat on the floor and feet together. Rotate your knees to one side and let them fall as far as comfortable. Hold for 30 to 60 seconds.



## Seated Piriformis Stretch

- This stretch may improve symptoms of sciatic nerve compression (“sciatica”).

- Sit on the edge of your seat with back straight. Cross one ankle over the opposite knee and push the knee gently towards the floor. Keeping the back straight, lean forward gently until a stretch is felt in the middle of the gluteal region. Hold for 20-30 seconds. Repeat on the opposite side.

