



BASIC STRETCHES FOR PADDLERS, PRE & POST

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Hamstring Pumps/Single Leg Forward Fold

Pre: On back, plant one foot on ground or floor. Gently kick opposite straight leg away from floor to feel gentle pull in the hamstring. 10 repetitions each side.

Post: Seated with one leg out straight and other leg tucked behind or in front. With flat back, gently hinge at the hip to bring chest to knee of the straight leg. Hold for 30 second each side.

Seated 90/90

Pre: Seated with one leg at 90 degrees in front, opposite leg at 90 degrees in back. With flat back, gently hinge at the hip to bring chest over front knee and hold for 1-2 seconds. Then, lean back and gently rotate to feel gentle pull in the front of the hip of the back leg and hold for 1-2 seconds. Repeat for 10 repetitions then switch leg positions and repeat.

Post: Same position but hold each for 30 seconds each side.

90/90 Lunge

Pre: Kneeling lunge position making sure front and back leg are each at a 90 degree angle. Focus on squeezing the glutes of the back leg to drive the back hip forward, maintaining a straight/flat back. Interlace fingers overhead for a deep stretch. Hold for 20 seconds.

Post: Same position but increase hold to 30 seconds each side.

Low Lunge

Pre: Lunge position, bringing chest to the floor on the inside of the front planted leg. Let the back leg lengthen as the hip drops toward the floor. Depending on flexibility – hands can be placed on the front knee, one hand on knee/one hand on floor, both hands to the floor, or elbows to the floor. Hold for 20 seconds.

Post: Same position but increase hold to 30 seconds each side.

Child's Pose

Pre: Start on all fours, bring toes together and knees wide. Sink hips back to the heels with arms planted on the floor and stretched overhead. Walk hands to the left side and then the right side to stretch/elongate each side of the body. Hold for 20 seconds.

Post: Same position but increase hold to 30 seconds each side.

Seated Upper Trap Stretch

Pre: Seated on one hand. With opposite hand, reach over head to pull head into an ear-to-shoulder position. Hold 20 seconds and then pull nose-to-shoulder.

Post: Same position but increase hold to 30 seconds.

Carpal Tunnel/Wrist Stretch

Pre: Seated or kneeling, rotate hands so fingers are facing your body, keeping pinky fingers together, press the heel of your hand toward floor. Lean body back to increase stretch. Hold for 20 seconds.

Post: Same position but increase hold to 30 seconds.

Partner Shoulder/Chest Opener

Pre: Seated or standing, have a partner positioned behind you. Interlace fingers behind head and have partner pull elbows backward. Switch to arms outstretched in a "T" position and have partner pull arms back at the forearm. Hold 20 seconds.

Post: Same position but increase hold to 30 seconds. Stretch can also be performed on your own against a wall or doorframe.