

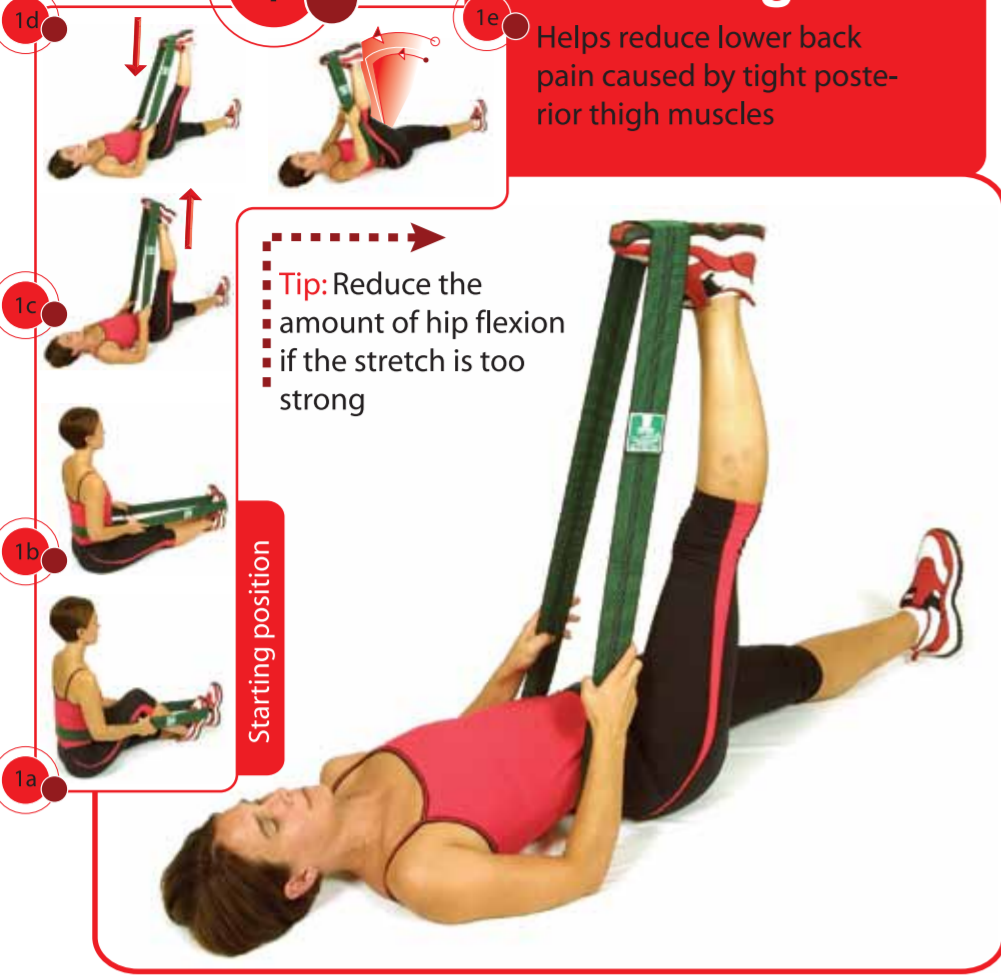
What to expect

- Stretching should create a feeling of tension in the muscle being stretched...and should not be painful
- Each stretch should be held for at least 30 seconds. You should not bounce or stretch ballistically. You can repeat each stretch 3-5 times. As you repeat stretches the amount of muscle tension felt will ease.
- During stretching sessions you should relax and breathe normally.
- Your complete stretching routine can take as little as 10 minutes or last as long as 1 hour. It is best to perform your flexibility routine as a separate exercise session and after either some light form of activity ie after your muscles are warm or at the end of the day.
- If you have been inactive, had recent injury or surgery or wish to have a personal flexibility program designed you should consult your physio therapist or doctor before beginning stretching sessions.

1

Hamstring

Helps reduce lower back pain caused by tight posterior thigh muscles



Tip: Reduce the amount of hip flexion if the stretch is too strong

Starting position

3

Posterior chain

Helps ease muscular tightness in your lower back and along your posterior thigh



Tip: Stretch only to a comfortable level and keep your opposite shoulder in contact with the floor

Starting position

2

Quadriceps

Great for recovery from tight thigh muscles following running or cycling. Also helps reduce muscle tightness related to anterior knee pain



Tip: Make sure you use a pillow under your knee and keep your tummy tight

Starting position

4

Adductor

For inner thigh flexibility. Useful stretch for any lower limb activity.



Tip: Do not allow your body to roll to the stretching side: ensure you feel your groin stretch. Foot should not make contact with floor.

Starting position

5

Buttock stretch

Perfect stretch for walkers, runners or cyclists or those who sit all day



Tip: Allow your leg to relax and stretch towards your head. You should feel a stretch in the buttock of the crossed leg

Starting position

6

Lateral trunk

Great general stretch for hamstring, lower back and buttocks



Tip: If can not reach your foot then grip the band to assist your stretch. See 6b.

Starting position

7

ITB / Lateral Thigh

Advanced stretch for serious cyclists and runners



Tip: Once you have crossed your bottom leg, keep your stomach tight, relax and allow your lateral leg to stretch downwards.

Starting position

8

Peroneal / Lateral leg

Fantastic stretch for reducing lower leg tightness following walking or running



Tip: Ensure you allow your foot to roll inwards to feel a stretch

Starting position

9

Hip flexor

Ideal stretch for people who sit for long periods or who suffer from lower back stiffness



Tip: Make sure you push your hip forward and keep your stomach muscles contracted

Starting position

10

Shoulder rotators

A must before golf, tennis or swimming



Tip: Stretch comfortably only - do not cause shoulder pain

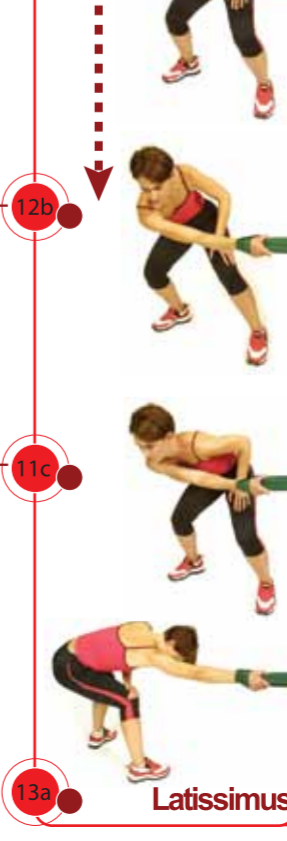
Starting position

11

Posterior Shoulder

Latissimus stretches

12a, 12b, 12c, 12d, 12e, 12f, 12g, 12h, 12i, 12j, 12k, 12l, 12m, 12n, 12o, 12p, 12q, 12r, 12s, 12t, 12u, 12v, 12w, 12x, 12y, 12z



Lateral/Posterior Shoulder Stretches

Fantastic for swimmers

13a, 13b, 13c, 13d, 13e, 13f, 13g, 13h, 13i, 13j, 13k, 13l, 13m, 13n, 13o, 13p, 13q, 13r, 13s, 13t, 13u, 13v, 13w, 13x, 13y, 13z



Tip: Relax and allow your shoulder and upper back to stretch. Do not fight against the stretch by pulling against the band

13

13b

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Protection and Prevention

Professional advice

Stretch Band™

STRETCHES



	1	2	3	4	5	6	7	8	9	10	11	12
	Hamstring/Bent knee hamstring	Lateral Leg	Posterior Chain	Adductor	Buttock Stretch	Lateral Trunk	ITB	Quadracep	Hip Flexor	Shoulder Rotator	Shoulder Rotator	Lat Stretch
SYMPTOMS												
Shoulder Flexibility						○				○	○	○
Calf Tightness	○	○	○									
Buttock Tightness	○	○	○		○	○						
Groin Flexibility				○	○				○			
Lateral Hip Tightness		○	○		○		○	○	○			
Lateral Knee Pain					○			○	○			
Anterior Knee Pain	○				○		○	○	○			
Mid Back Stiffness		○	○			○			○			○
Lower Back Stiffness	○	○	○		○	○			○			○
Thigh Tightness							○	○	○			
Hamstring Tightness	○	○	○		○	○						
ACTIVITIES												
General Wellbeing	○	○	○	○	○	○	○	○	○	○	○	○
Manual Labour	○	○	○		○	○	○	○	○	○	○	
Golf	○	○	○	○	○	○		○	○	○	○	○
Raquet Sports	○	○	○	○	○	○	○	○	○	○	○	○
Walking	○	○	○	○		○	○	○	○			○
Sitting/Sustained Postures	○	○	○		○	○			○			○
Cycling	○	○	○		○	○	○	○	○			
Running	○	○	○	○	○	○	○	○	○			○
Swimming	○	○	○		○	○		○	○	○	○	○

ROOM



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This product should be used only as described in the product brochure information. We always recommend you should seek professional medical advice in conjunction with the use of this product and the information contained with it. Lockerroom Sports will not accept responsibility for injuries incurred while using this product.

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