



Sports Stretching and Injury Management – The Back

Why stretch?

Whether at home, work or during exercise, movements using the hips, legs, back and shoulders are performed repetitively. Stiffness in our muscles can lead to a restriction of movement and mobility.

Therefore a regular stretching programme is important for

- Injury Prevention – by warming up and warming down muscles before and after exercise.
- Enhance Sports Performance – will assist other fitness factors such as strength, speed and agility.
- Injury Rehabilitation – to regain normal range of motion as soon as possible after an injury has occurred.
- Stress Relief – through correct breathing techniques, can help to relax the mind and body.

How long do I stretch and for how long?

- Stretching should be performed without any jerky movements and held to a comfortable position for 15 seconds. This is to allow time for your body to re-adjust and focus on the muscle being stretched.
- Breathe easily in and out through the nose during the stretch. The more relaxed you are, the more relaxed the muscle will become during the stretch.
- Remember to stretch both sides of the body (ie.left and right leg) in order to bring balance to your body.

Email: afong@anthonyfongfitness.co.nz Website www.anthonyfongfitness.co.nz
Ph/Fax: 64 9 309 7877 Mobile: 021 397 249
Mail: PO Box 147 303, Ponsonby, Auckland, New Zealand

YMCA Fitness Centre, Corner of Greys Avenue & Pitt Street, Auckland City
Northern Club, 19 Princes Street, Auckland City

Back Stretching Options

To assist lengthening the back muscles to improve flexibility, a few stretching variations to try.

Lying Single Knee Gluteal (Backside) Stretch

While lying on your back, bend one knee to chest while other leg is straight as possible on the floor (Figure 1), then try other knee as a comparison.



Figure 1 – Lying One Knee Gluteal Stretch

Kneeling Forward Bend Stretch

Kneeling on both legs, sit back onto heels and lengthen arms straight while bringing forehead to the ground (Figure 2). Put a towel under the forehead if head doesn't touch the floor comfortably.

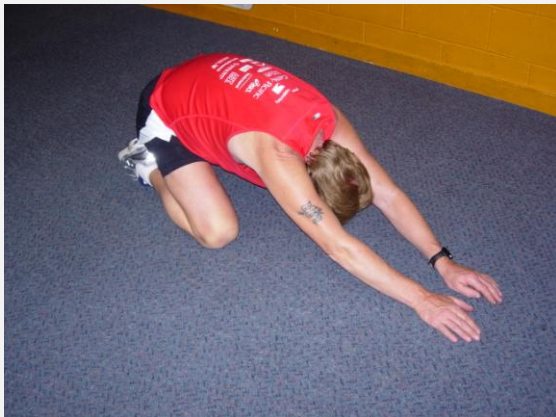


Figure 2 – Kneeling Forward Bend

Email: afong@anthonyfongfitness.co.nz Website: www.anthonyfongfitness.co.nz
Ph/Fax: 64 9 309 7877 Mobile: 021 397 249
Mail: PO Box 147 303, Ponsonby, Auckland, New Zealand

YMCA Fitness Centre, Corner of Greys Avenue & Pitt Street, Auckland City
Northern Club, 19 Princes Street, Auckland City

Swiss Ball Seated Spinal Twist

Sitting upright on a swiss ball, gently twist your body to the right while using your arms to support you, then twist to the left. Also keep the head and neck relaxed when twisting (Figure 3).



Figure 3 – Swiss Ball Seated Spinal Twist

- Thanks to Ken Butterworth for stretch demonstration photos

Email: afong@anthonyfongfitness.co.nz Website: www.anthonyfongfitness.co.nz
Ph/Fax: 64 9 309 7877 Mobile: 021 397 249
Mail: PO Box 147 303, Ponsonby, Auckland, New Zealand

YMCA Fitness Centre, Corner of Greys Avenue & Pitt Street, Auckland City
Northern Club, 19 Princes Street, Auckland City