

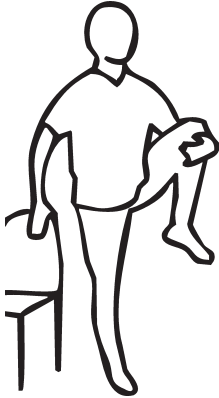
Stretches For Walkers

Stretching helps keep your joints lubricated and your muscles flexible. It relieves stiffness and may help prevent injury. Try stretching before and after your walk to see which feels better.

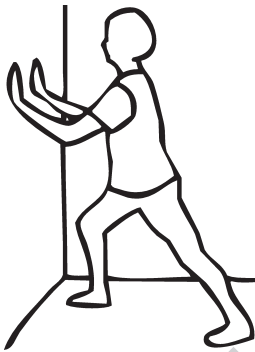
If you feel any of these movements are difficult because of tension, let your massage therapist know you would like to work on releasing that area at your next session. If you experience pain with any of these stretches, discuss with your physician before continuing.

Here are three stretches to try:

1. Knee hug. Stand straight, holding a table edge or back of a chair for balance. Keeping your hips and feet in a straight line, pull one knee to your chest, hold for 10-30 seconds, and return your foot to the floor. Repeat several times on each side.



2. Calf stretch. Stand facing a wall with your toes almost touching it. Place your hands against the wall at shoulder height and lean forward. Move one leg back only as far as you can keep that foot flat on the floor, but far enough that you can feel a comfortable stretch in your calf muscle when you lean into the stretch. Repeat on both sides, holding from 10-30 seconds.



3. Groin and lower back stretch. In the same position as above, exhale, draw in your abdomen, and look up, stretching your chest toward the ceiling. Breathe while you hold this stretch for 10-30 seconds. Repeat on the other side.

