

Rules for stretching:

1. Use an active contraction of muscles opposite to those you're stretching/targeting.
2. At end range (which is as far as you can contract on your own), continue to move your limb or contracting while you assist further movement with approx 1/2 pound of pull with a non-stretchy rope or strap.
3. Assist and hold the stretch for only 2 seconds!
4. Breathe out while you stretch.
5. Repeat the stretches with *gentle* persuasion 6 - 8 times – alternating sides.

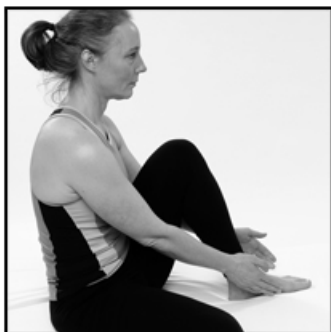
The stretches can be done as stand-alone or all together in the order of the protocol shown below:

Lower quadrant

Gastrocnemius



Soleus

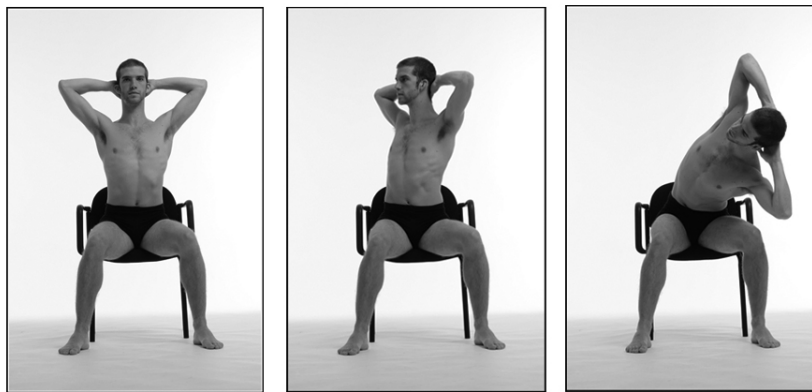
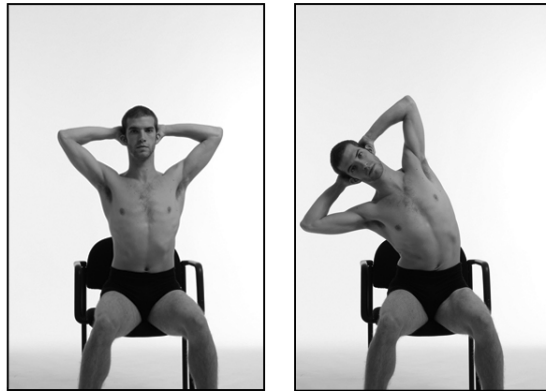


Hamstrings

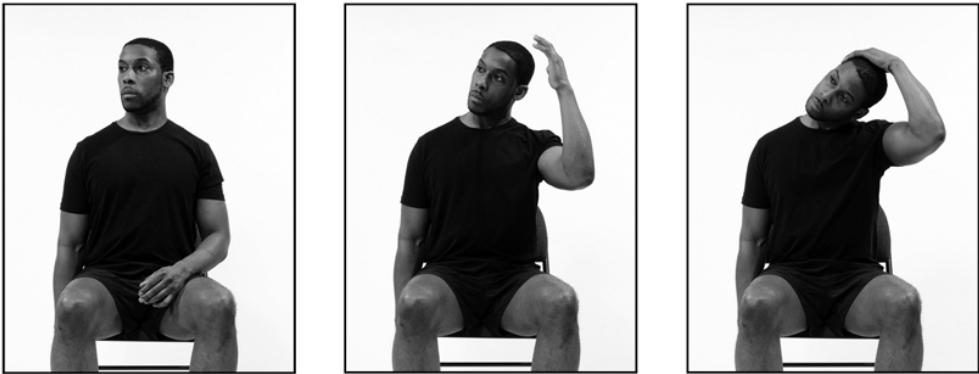
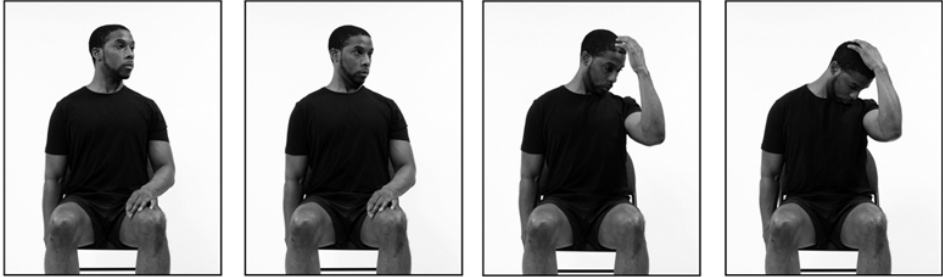


Upper Quadrant

Trunk



Cervical



<http://pjtherapeutics.ca/>