

# SPECIAL REPORT

## 9 Super Stretches for Pain Relief



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# 9 SUPER STRETCHES

*That Could Change Your Life Forever*

**W**ant to give a gift to yourself (& your body)? Why not try stretching? Stretching is such a simple thing to do and has multiple benefits. It reduces muscle tension, increases range of movement in the joints, enhances muscle coordination, increases blood circulation and boosts energy levels.

**Here are 9 SUPER STRETCHES to get you started:**

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## **1. LYING HAMSTRING STRETCH – stretches hamstrings, calves & fascia in the feet:**

Lie on your back on the floor and wrap a strap, tie, or towel around the ball of your foot. Extend the leg straight up into the air, keeping the back of the knee open and flexing your foot. Your toes

should point down to your face and your heel should point up to the ceiling.

## **2. LYING KNEE TO CHEST – stretches hamstrings & glutes:**

Lying on your back, clasp both hands around your knee and hug the knee to your chest. Extend opposite leg

onto the floor to tolerance – the straighter the leg, the greater the stretch. Press the hip down as you hold the knee in. For greater depth, move knee from side to side to discover and stretch areas of tightness.

## **3. SPINAL TWIST – stretches back muscles:**

Lying on your back, First set hips to one side to maintain proper spinal alignment as you twist, then draw the right knee into your chest and twist to the left. It's important not to twist too deeply to protect your vertebrae. Set your hips to one side to maintain proper spine alignment as you

twist. For example, if you're twisting the right knee over to the left side, first lift your hips and set them a few inches to the right.

#### **4. PIRIFORMIS STRETCH – stretches buttock and hip muscles:**

Lying on your back, cross your right ankle over your left knee and press right knee away while holding left knee in. Keep the foot flexed and energy pressing through the heel to protect the right knee and open up the right hip. Repeat for other side.

#### **5. LOW LUNGE – stretches hip flexors & Quad of back leg**

Standing up on knees, set right foot forward so that ankle is aligned under knee. Tilt pelvis, tucking tailbone down to create a stretch across the front of the hip and touch the floor. You can use blocks under hands if you

can't quite touch the floor and place padding under your back knee for comfort.

#### **6. LYING QUAD STRETCH – stretches quads:**

Lying on your side, bend your top knee to grab your foot while keeping your knees aligned (don't allow your stretching leg to jut forward). Curl your tailbone down to stretch the front of the thigh. Lift and lengthen through the crown of your head. Make sure not to hunch over. (You can also do this exercise standing.)

#### **7. TOTAL BACK STRETCH– stretches full back:**

Use a table, counter or sturdy chair to support hands and create leverage for you to open through your spine. Curl the spine with vertebrae rounding up toward the ceiling and allow your shoulder blades to draw apart. Visualize a cat

rounding its back.

#### **8. SIDE BENDS – stretches intercostal muscles of the ribs, Low back muscles (QL) & Lats**

Stand with feet apart at hip's width with your tailbone drawn down and belly pulled in. Keeping your weight balanced equally on each foot, bring your right arm up and over your head and slide left fingers down the left thigh. Breathe into the right side of your body.

#### **9. BELLY BREATHING:**

Lie on your back with arms and legs extended straight and eyes closed. Allow your feet and palms to roll open. Breathe into the belly, allowing it to push up and out and then exhale completely. Repeat filling and releasing slowly to control airflow and work each breath fully into the low back, sides and abdomen.

## AND REMEMBER:

- All of these stretches should be done while breathing steadily and deeply.
- If you find your breathing gets cut off or you're holding your breath, back off a bit until you can breathe properly.
- For leg stretches, start with right or left leg and then repeat on the other side.