



# STRETCHING TO REDUCE SPASTICITY

THE  
**MS**  
GYM

Rise & Move



**R.I.S.E.**  
MOVEMENT SOLUTIONS

# TOES

## Toe Flexor Release



### How To Do Exercise:

1. Gently massage tender spots under foot
2. Massage each spot for 15-30 seconds
3. Rub inside, outside, and middle of each foot

## Toe Flexor Stretch



### How To Do Exercise:

1. Place fingers under toes, Sit Up Tall
2. Gently pull toes back and hold for 30 seconds per leg
3. Avoid any feelings of spasticity in hips, or knees

## Toe Pull Away



### How To Do Exercise:

1. Sit with heels / feet against wall, Sit Tall, Pull ABS in
2. Slowly pull toes away from wall, Hold stretch for 3-5 seconds
3. Perform 10-20 repetitions per foot
4. If you feel spasticity in leg, bend knee slightly

## ANKLE

### Achilles Tendon Release



### How To Do Exercise:

1. Place fingers on sides of Achilles tendon
2. Gently massage up and down tendon for 15-30 seconds
3. Perform release on both legs

## Ankle Stretch



### How To Do Exercise:

1. Place strap around “stirrup” of foot, hold strap with both hands
2. Sit up tall, Pull ABS In, Pull Ankle Back using strap
3. Hold stretch for 15 seconds, Repeat 3 Times, Switch Ankles

## Ankle Pull Away



### How To Do Exercise:

1. Sit with heels and toes against wall, Sit up tall, Pull ABS in
2. Slowly pull whole foot away from wall using ankle, hold 2-3 seconds
3. Perform 10 -15 repetitions per leg



# KNEE

## Extensor Spasticity: Vastus Medialis Release (Inner Quad)



### How To Do Exercise:

1. Wrap hands around leg with thumbs to inside of knee cap
2. Massage tender spots for 15-30 seconds
3. Perform release on both legs

## Extensor Spasticity: Rectus Femoris Release (Middle Quad)



### How To Do Exercise:

1. Wrap hands around leg with thumbs in the middle of thigh
2. Massage tender spots down the length of thigh for 15-30 seconds
3. If you feel spasticity in hip, lean back a bit

## Chair Quad Stretch



### How To Do Exercise:

1. Slide to side of chair, Place foot under and behind your knee
2. With ABS in, Lean Back slightly, Stretch should be felt in thigh
3. Hold stretch for 30 seconds or multiple reps of 3-5 seconds

## Chair Heel Slide



### How To Do Exercise:

1. Sit tall, Pull ABS in, Straighten leg in front of you
2. Pull toes toward you then slowly slide heel back toward chair using hamstring
3. Perform 10 – 15 repetitions per leg

## Flexor Spasticity: Outer Calf Release



### How To Do Exercise:

1. Wrap hands around calf, thumbs on outer calf
2. Massage tender spots in a downward direction for 15-30 seconds
3. Perform release on both legs

## Flexor Spasticity: Outer Hamstring Release (Biceps Femoris)



### How To Do Exercise:

1. Find tender spots on outer hamstring
2. Massage each spot for 15-30 seconds in a slow kneading motion
3. Perform release on both legs

## 45 Degree Kick-Out Stretch



### How To Do Exercise:

1. Place strap under thigh, place heel on opposite thigh
2. Slowly, straighten leg at a 45-degree angle, pull toes back
3. Hold stretch for 2-3 seconds, Perform 8-10 reps per leg

## Foot Lift (Knee Extension)



### How To Do Exercise:

1. Pull ABS down, Relax shoulders, Squeeze glutes
2. Gently tighten thigh, lift foot up off ground hold 2-3 seconds
3. Perform 5- 10 lifts per leg



# HIP

## Floor Side Bend



### How To Do Exercise:

1. Pull ABS down, Tuck your tail, Relax shoulders
2. Slowly bend trunk to side and reach arm down
3. Perform 10 – 15 reps per side

## Knee To Chest



### How To Do Exercise:

1. Place strap around thigh, Pull ABS down, Pull Knee To Chest
2. Relax shoulders, Tuck Tail, Hold stretch for 30 seconds
3. Perform stretch on each leg

## Posterior Pelvic Tilt



### How To Do Exercise:

1. Relax shoulders, Pull ABS down
2. Slowly TIP HIPS BACK toward Ribs, Pause 2-3 seconds
3. Return hips to neutral, Repeat 10 – 15 repetitions

## Chair Leg Lift



### How To Do Exercise:

1. Place strap under thigh, heels up on a chair, table, or step
2. Pull ABS down, Tuck Tail, Relax Shoulders
3. Pull Toes Back and Pull Knee Toward Chest, Pause 2-3 sec
4. Perform 10-15 reps per leg

# SHOULDERS

## Pec Minor Release



### How To Do Exercise:

1. Use fingers to find tender spots on pectoral muscle
2. Massage each spot for 15-30 seconds
3. Perform release on each pectoral

## Pec Minor Stretch



### How To Do Exercise:

1. Place forearm on wall or doorway at 90 degrees
2. Step outside leg forward, Pull ABS In
3. Turn trunk away from arm, Hold 3-5 seconds
4. Repeat for 10 repetitions

## Standing Cobra



### How To Do Exercise:

1. Stand with arms in front of you palms down, Pull ABS in
2. With shoulders relaxed, Pull Arms back & Turn Palms Forward
3. Perform 10 – 15 repetitions

## Standing Twists



### How To Do Exercise:

1. Gently Squeeze Glutes, Pull ABS In, Relax shoulders
2. Slowly Rotate hips, ribs, and shoulders to right, Pause 2-3 sec
3. Return to center, Repeat Rotation to left, Perform 10-20 reps



## Your Stretching To Reduce Spasticity Program:

One of the most challenging symptoms of MS is Spasticity. The continual contraction of certain muscles disrupts strength, coordination, and balance due to a neurological imbalance between your spastic (overactive) and flaccid (underactive) muscles.

With MS, your ability to walk and move can be greatly affected as spasticity disrupts the communication between the brain, nerves, muscles, and joints.

This communication problem can throw off your balance and leave you feeling shaky, out of control, unstable, and weak. Many people whose function is disrupted by MS spasticity experience feelings of fear, anxiety, worry, and stress from the possibility of falling.

This can lead to feelings of depression, hopelessness, and frustration over an activity that used to be automatic now seems like the most challenging part of the day.

However, there is good news!

You can actually use the exercises in this program, specifically designed for MS, to reduce spasticity and help you walk, move, play, and work better.

This program is a part of a multi-component training method called *The R.I.S.E. Movement System* that I have developed over the past 15 years of working with my MS clients. R.I.S.E. uses neuromuscular re-education to create new connections in your brain that improve strength, balance, and coordination even though your body is affected by MS.

The stretches and movements in this spasticity program teach your brain new ways to communicate with your nerves, muscles, and joints so your body can move better by learning how to bypass the nerves damaged by MS.

This mini-program has helped many of my clients build new brain connections, regain nerve function, and start on a path toward walking, exercising, and living with strength and balance again.

I know you're going to love them and will look forward to feeling strong and stable every day.

RISE | MOVE | HEAL

Trevor