

HIPS

Piriformis:-

cross the legs and rotate the legs around towards the hips



Pigeon :-

keep the pelvis level. Avoid this position if you have knee pain



Hip flexors:-

tuck the pelvis under using the gluts



Hold each stretch 30 seconds, work with your breath and move continuously through the stretch. Inhale and lengthen into the position, exhale and increase the movement/range. Continue to move like this for 4-5 breaths. For maximum results stretches should be done daily & when the muscles are warm.



Gluteals:-

lengthen the tailbone to the floor as you draw the thigh in towards the body



Quads:-

keep the thighs together and pelvis flat. This can be done standing also



Rectus

femoris:- rest the foot on a stool or hold it and draw it towards the hips. Keep the pelvis tucked under again.



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Gastroc (calf):- ensure the foot is parallel or mildly turned in

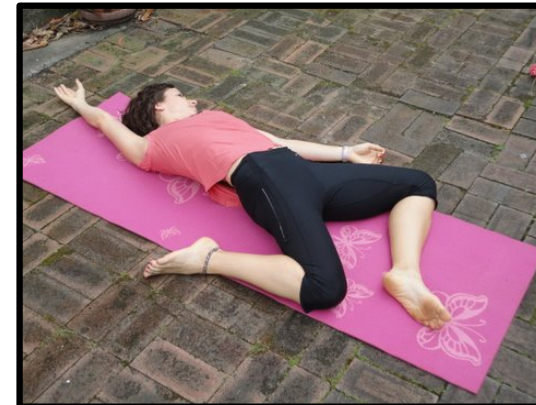


Soleus (deep calf):-as previous but with the knee bent. Avoid if any pain at the front of the ankle

Hip capsule:- allow the knees to relax or gently drop alternate knees towards the floor



Hamstrings:- the leg can be rotated parallel, internally and externally for maximum effect



TFL/ lateral quads:- lengthen the knee away from you. Gently drop the knee towards the floor. Avoid any discomfort in the knee

LOWER LIMB

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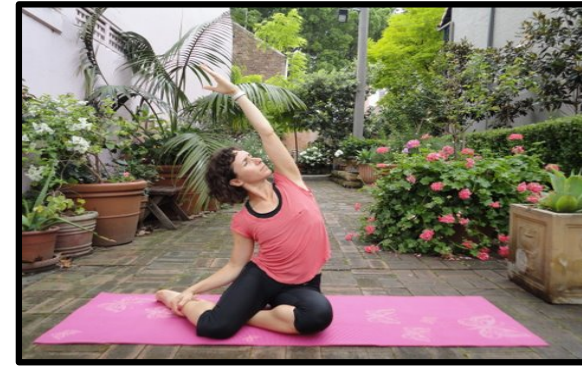
Seated twist:-
this can also
be done
seated on a
chair



**Thread the
needle**



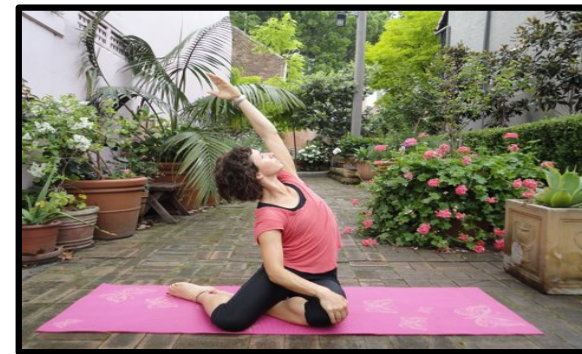
Side flexion:-
breathe deeply
into the ribs to
mobilise



QL :- lengthen
the hand away
from the hips
opening up
between the
ribs and the
pelvis



**QL with
flexion:-**
rotate to look
towards the
feet



**QL with
extension:-**
rotate to look
up and open in
the front of the
body

BACK (THORAX)

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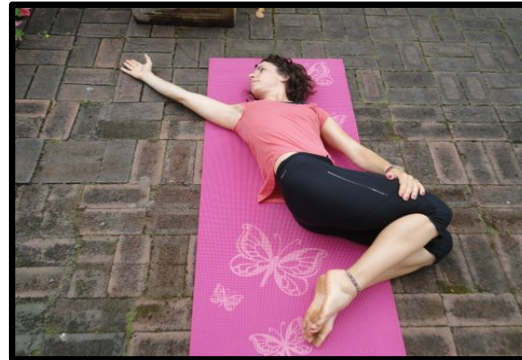
Cat:- breathe into the shoulder blades



Twist:- reach the hands and knees away from each other



Cow:- keep the tummy pulled in and supported. Lengthen between the navel and breast bone



Childs pose:- reach the hands away from the hips



Extension:- lengthen the breast bone from the navel. Don't sink into the back. This can be a repeated movement with the breath.

BACK

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Scalene:-
keep the
shoulders
dropped and
the head
facing forward



**Levator
scapular:-**
turn the head
looking
towards the
armpit



SCM:- from
the scalene
stretch turn to
look upwards.
This is felt
towards the
front of the
neck



NECK & CHEST

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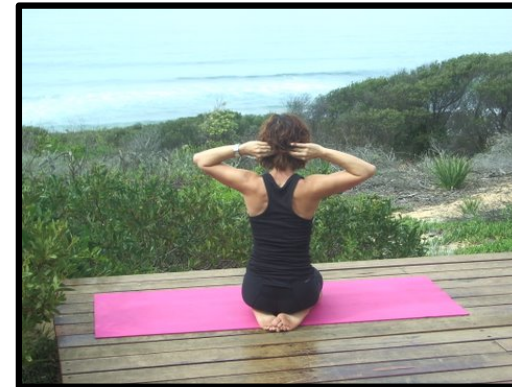
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Pec major:-
keep the
shoulder down
and open
gently into the
front of the
chest



**Sub occiput
release:-**
gently
massage
under the
base of the
skull



Pec minor:-
draw the
shoulder
backwards to
open in the
front of the
chest



Posterior shoulder:-
avoid if any pain in the front of the shoulder



Rhomboids:-
open inbetween the shoulder blades



Triceps:-
keep the head and neck in a good position and direct the arm backwards



Lats/back:-
relax the chest downwards and lengthen the hips away from the hands



Down dog:-
draw the shoulder blades around the rib cage and the hips away from the hands



Forward fold:- allow the neck to relax and spine to traction down with gravity



UPPER LIMB & SPINE

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