

# Stretching Exercises



*To motivate and support change*

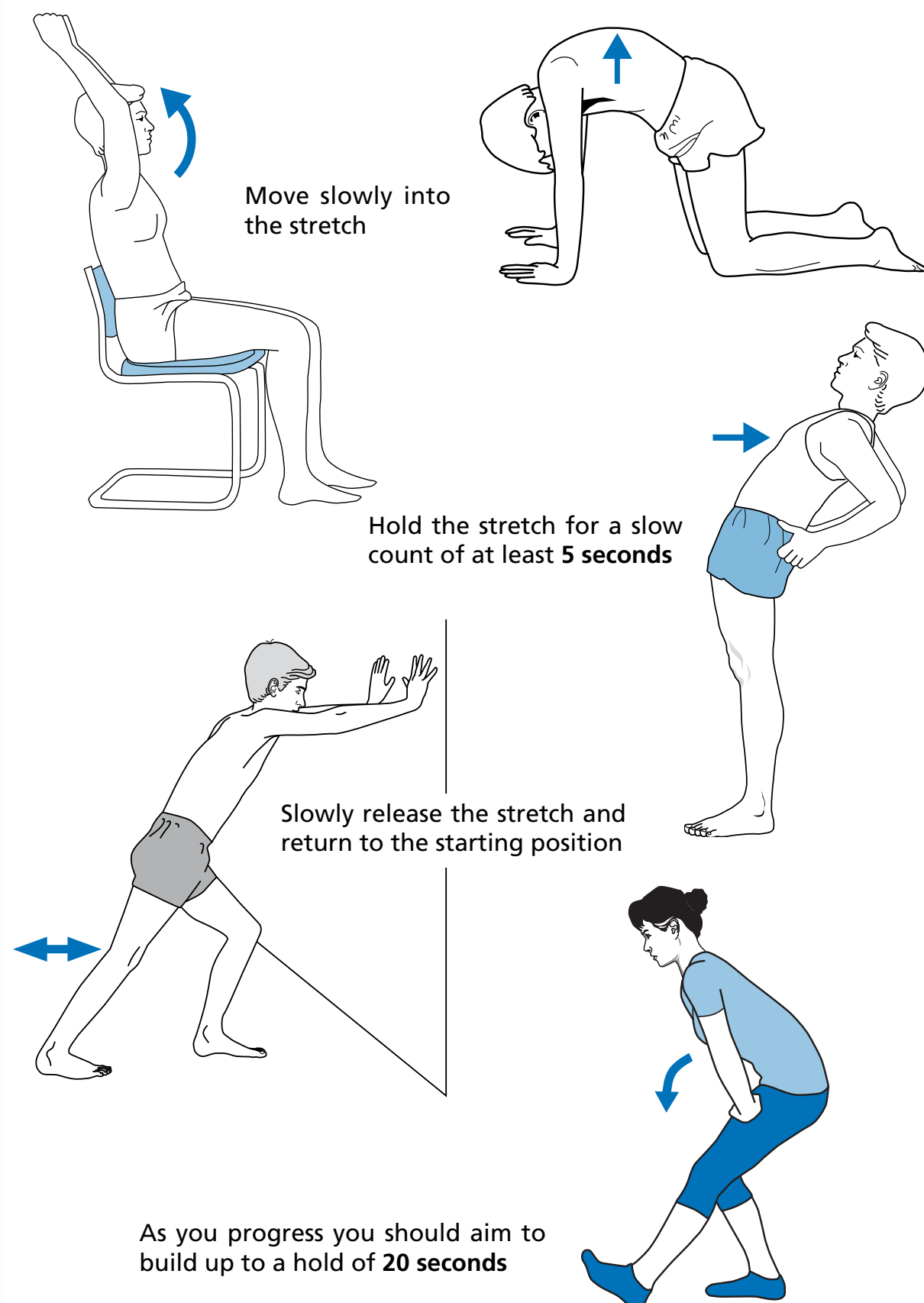


Pain Centre  
Irving Building  
0161 206 4002  
[painreception@srft.nhs.uk](mailto:painreception@srft.nhs.uk)

You can be

agile  
animated  
committed  
devoted  
energetic  
effectual  
enthusiastic  
functional  
lively  
moving  
on the go  
on the move  
operate  
spirited  
sprightly  
vibrant  
vital  
vivacious

Becoming more active  
active  
active



To motivate and support change

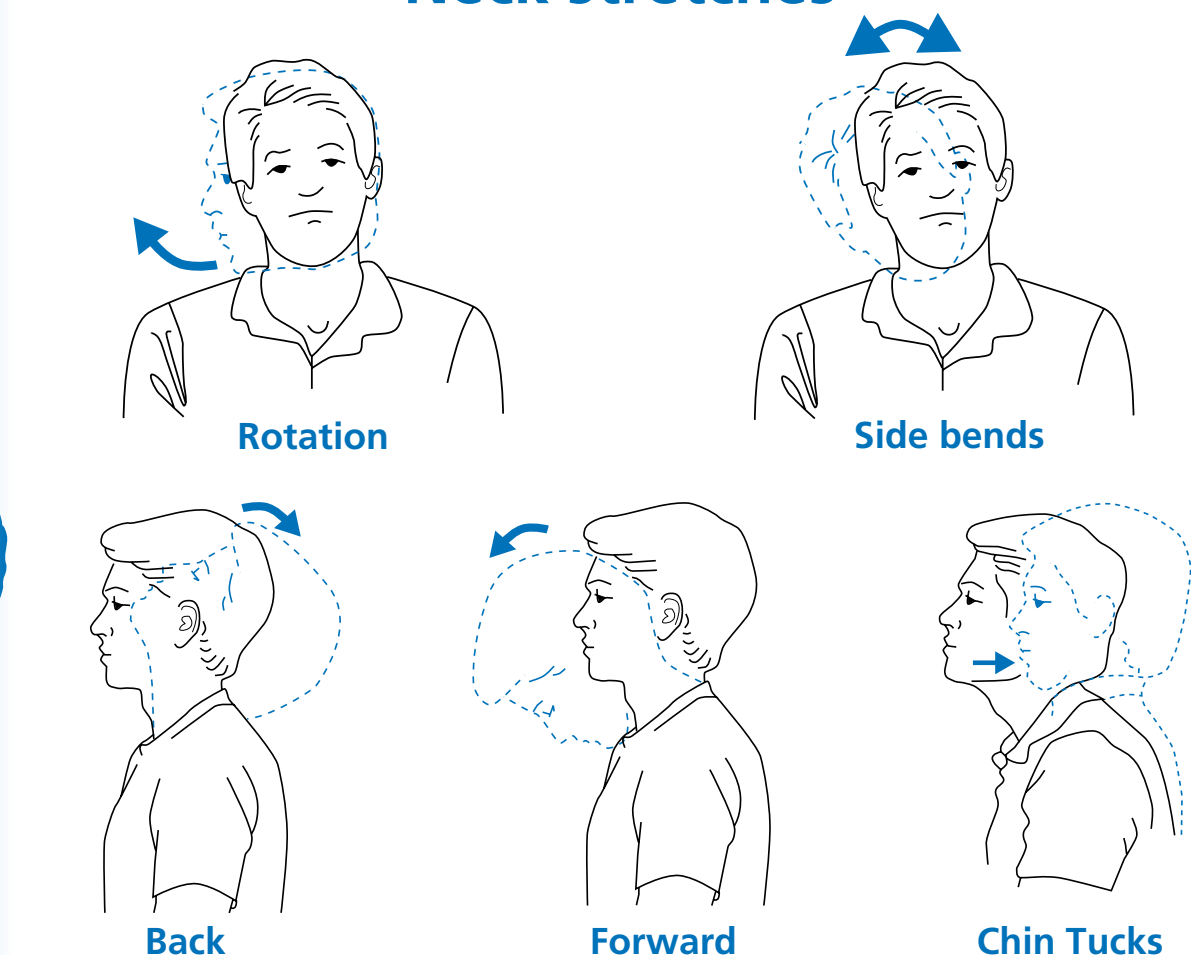
1

You can be

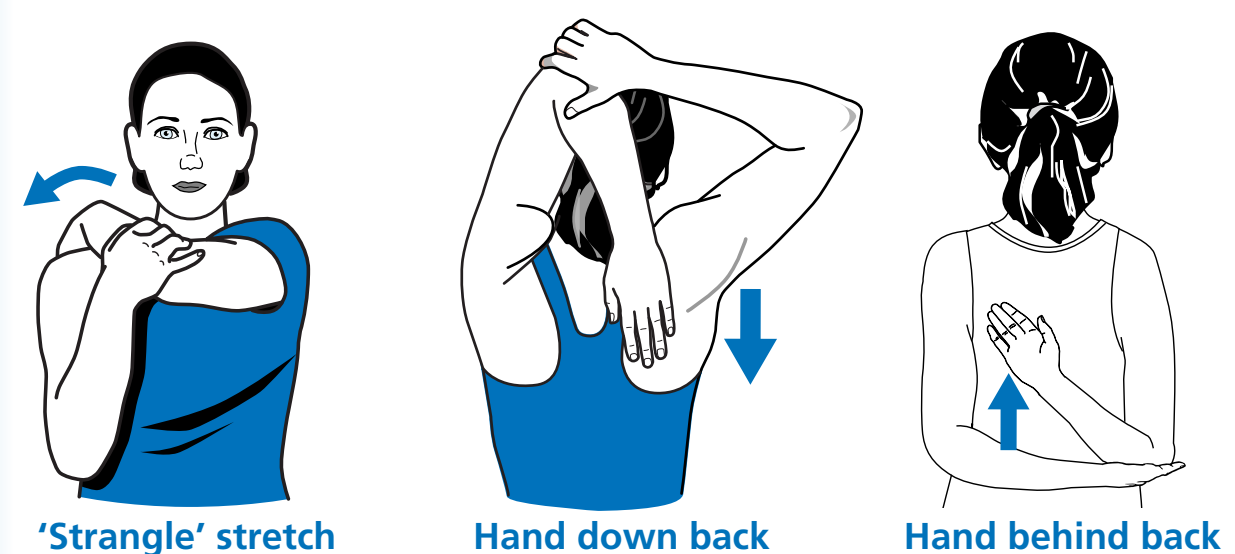
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## Neck stretches



## Shoulder stretches



To motivate and support change

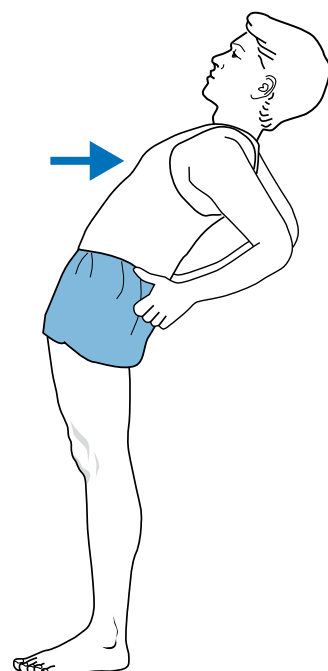
2

You can be

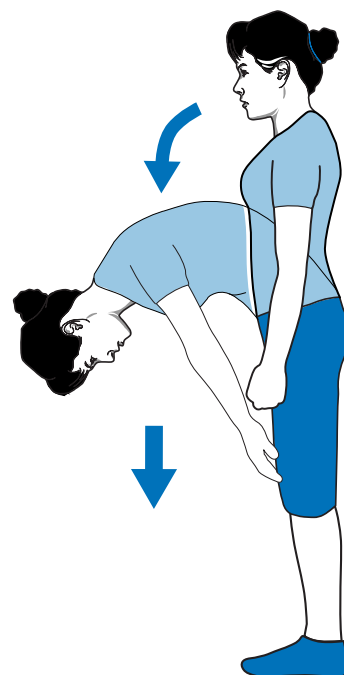
Becoming more active  
active  
active

## Stretching in standing

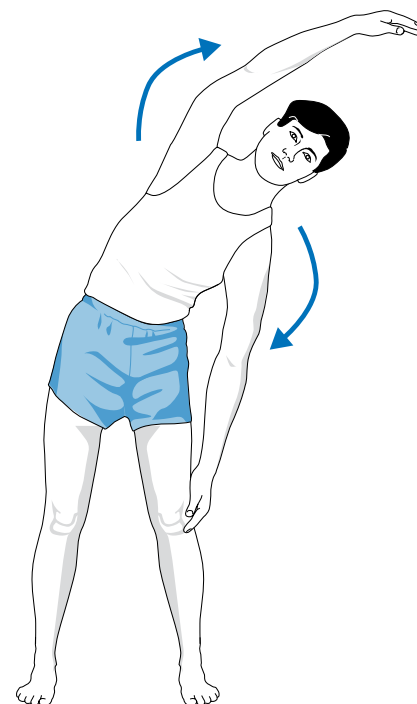
Arching



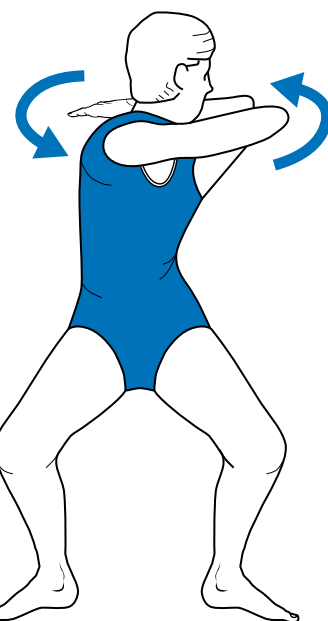
Forward bend



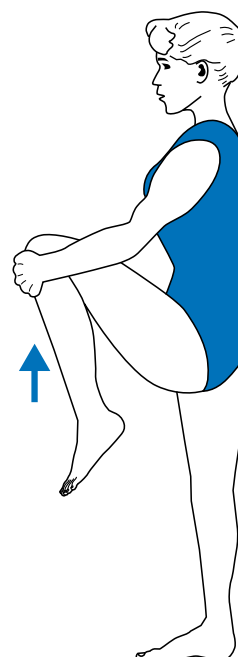
Side bend



Rotation



Knee to Chest



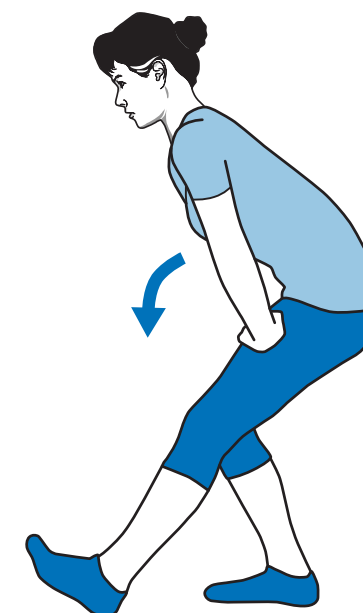
To motivate and support change

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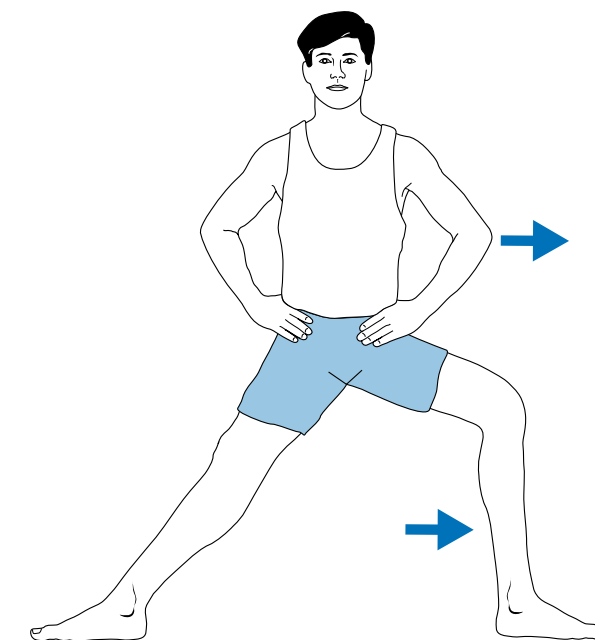
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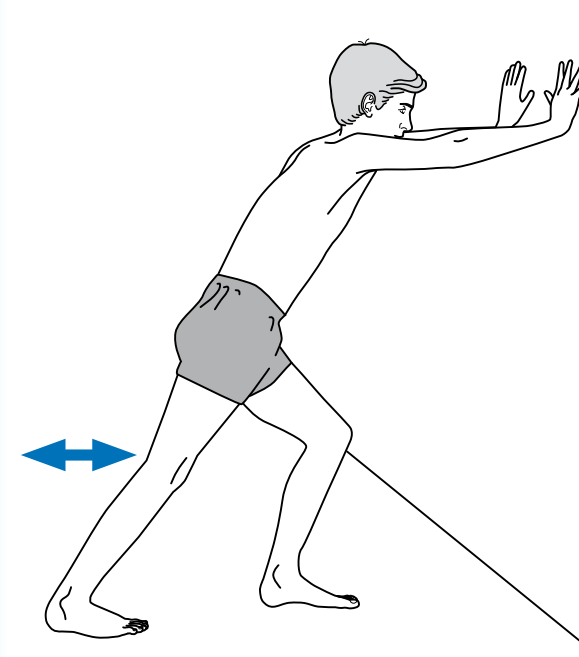
## Leg stretches



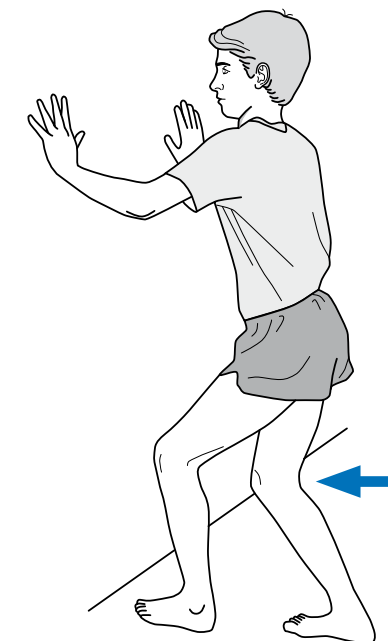
Hamstrings



Groin



Calf



Ankle

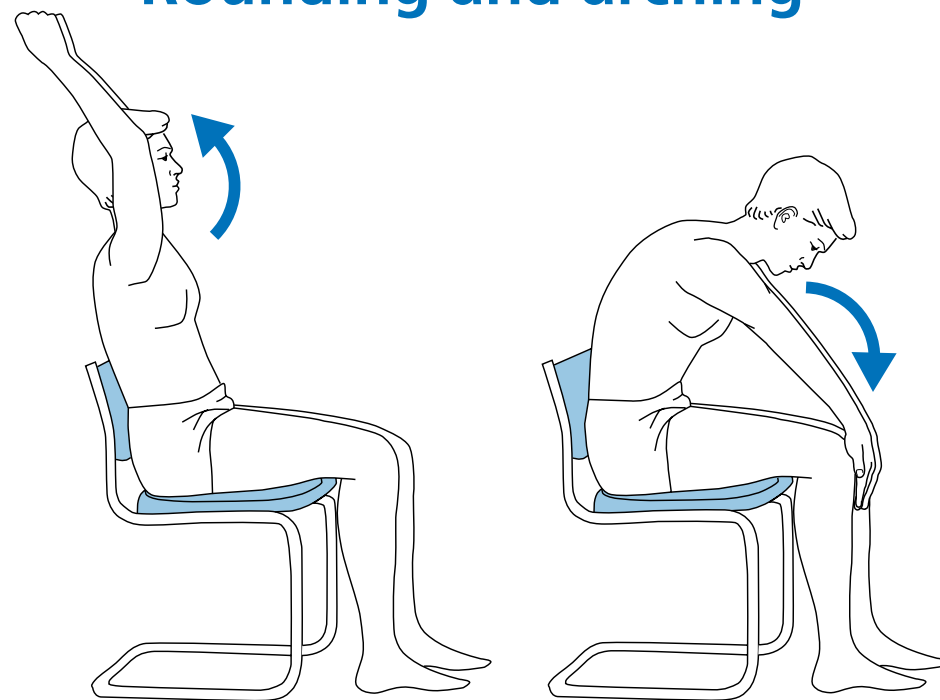
To motivate and support change

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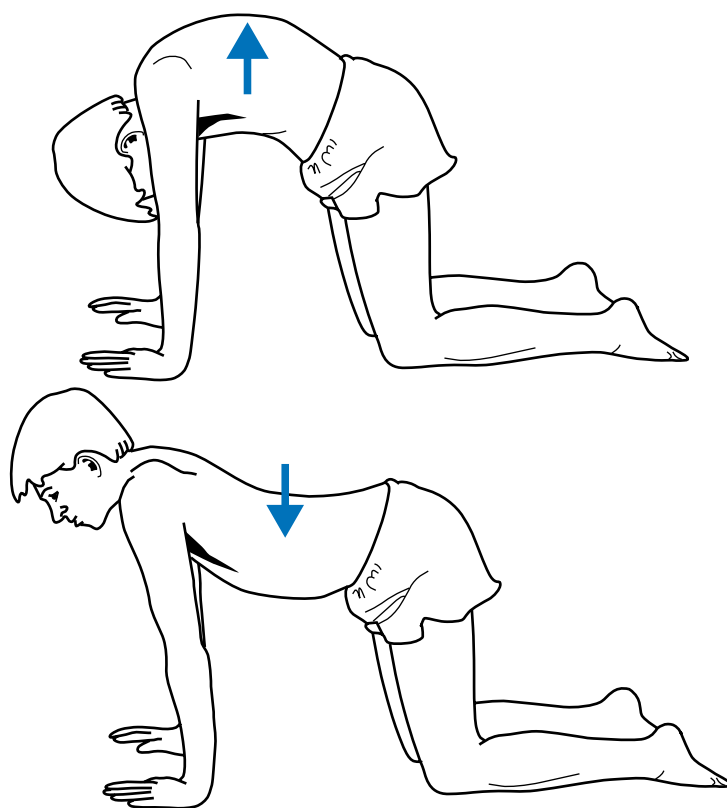
You can be

Becoming more active  
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## Rounding and arching



The Chair



The Cat

To motivate and support change

5

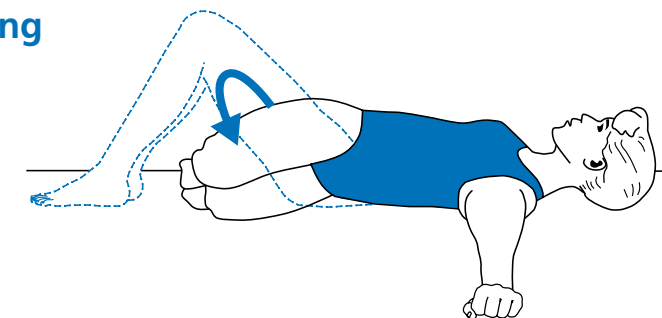
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## Stretches lying down

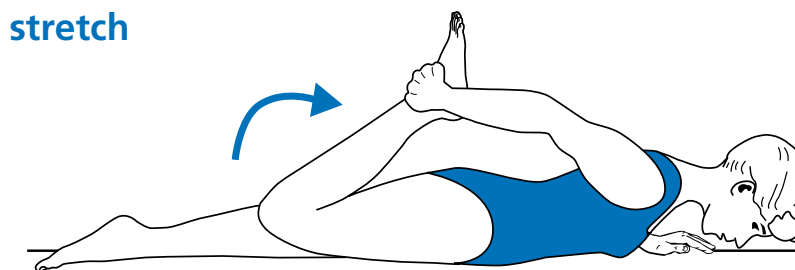
### Knee rolling



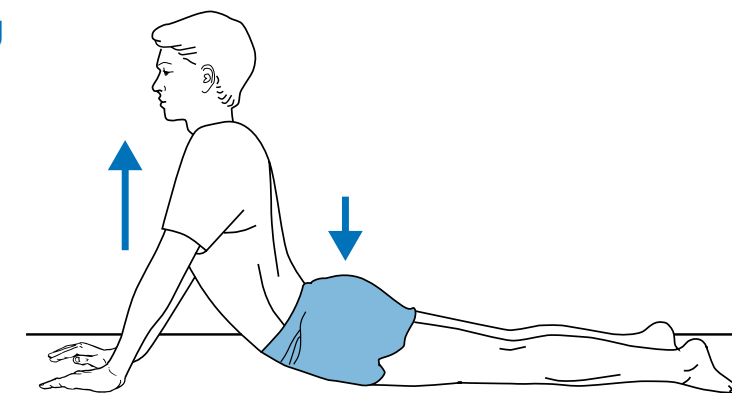
### Knees to chest



### Thigh stretch



### Arching



To motivate and support change

6

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