

DAILY STRETCHES

Performing a daily stretching routine is the most effective way to prevent loss of flexibility. When done correctly, it can prevent muscle contractures and ultimately improve and prolong physical ability and independence.

If you have any questions about your stretches or concern whether they are being performed correctly, please feel free to ask: info@duchennetherapynetwork.com

General Rules of Stretching

- Stretching should not be painful
- Stretches should be held for 60 seconds and repeated
- As the muscle relaxes, increase the pressure
- A daily routine is most effective

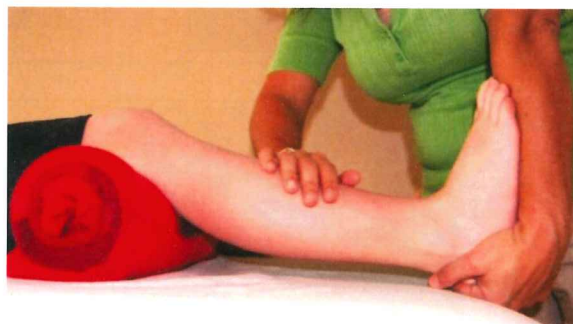
Hamstring Stretch – Supine

Flex the hip 90 degrees and stabilize at the knee. With other hand, slowly raise the lower leg until stretch is felt in the back of the thigh. Hold for 60 seconds, reposition and repeat for 60 seconds.



Gastroc Stretch – Supine

While lying on back, place small roll under the knee. Grasp the heel and pull to stretch the achilles then flex the foot. Hold for 60 seconds, reposition and repeat for 60 seconds



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