

HOW TO IMPROVE YOUR FLEXIBILITY WHILE WATCHING FOOTBALL

RESULTS OF SITTING

- Tightness in hamstrings
- Tightness in hip flexors
- Tightening in calves
- Weakness in core stabilizers

STRETCHES & EXERCISES



DOORWAY PECTORALIS STRETCH

1. While standing in a doorway, place your arms up on the door jam and place one foot forward.
2. Bend the front knee until a stretch is felt along the front of your chest and/or shoulders. Your upper arms should be horizontal to the ground and forearms should lie up along the door frame.
3. NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway.

By stretching the muscles on our chest we allow our shoulders and arms to move more efficiently reducing the risk of future injury.quick stretch.



STANDING HAMSTRING STRETCH

1. While standing, place foot on stool or elevated surface. Keep the foot of the leg that is being stretched in an upward facing direction and the hip in a neutral position.
2. Gently lean forward at the hip while keeping the spine in a neutral position.

Improving hamstring flexibility can help relieve strain on our low back and help take stress off of our joints when walking, running, and performing daily activities.



KNEELING HIP FLEXOR STRETCH

1. While kneeling, lean forward and bend your front knee until a stretch is felt along the front of the other hip.
2. If needed, place a small pillow or pad on the back knee to reduce discomfort.

Tightness of the hip flexors can create stress on the low back and hip and make it difficult to recruit our abdominal muscles which help stabilize our back during everyday movements.



STANDING GASTROCNEMIUS AND SOLEUS STRETCH

1. While standing and leaning against a wall, place one foot back behind you and bend the front knee until a gentle stretch is felt on the back of the lower leg.
2. Gastroc Stretch: Your back knee should be straight the entire time.
3. Soleus Stretch: Your back knee should be bent the entire time.

Tightness of the calf can lead to a number of injuries from walking, running, and performing everyday activities in the home or the gym. By stretching our calves we can improve ankle mobility along with allowing her hip and knees to move with improve range of motion and help alleviate stress on our joints.

Stretches should be held for 30 seconds and performed on both sides of the body.

A gentle stretch should be felt while performing these exercises and should not be causing you pain.

GET UP!

Making sure you are getting up at every commercial, at the end of the quarter, halftime, and at least every 15 to 20 minutes.

Standing up and walking around allows us to take breaks from sitting, improve blood flow, and help reduce joint stiffness.

SOURCE

<http://cbphysicaltherapy.com/how-to-improve-your-flexibility-while-watching-football/>