

Gross Motor and Sensory Activities

Hip and Shoulder Stretching

May 11, 2020



Hip and Shoulder Stretching

Lesson: May 11, 2020

For All Ages and Abilities

Learning Targets:

Stretching basics

Learn hip and shoulder movements

Sensory Input



Background:

- **Flexibility and strength** provide the basic building blocks for movement, posture, bone development and heart strength.
- **Stretching** our muscles improves or maintains our range of motion, allowing us to do our everyday activities.
- Most of us can ***stretch ourselves***, like when you stand up and yawn and reach your arms up overhead. Some of us, due to injuries or physical limitations, ***need help to stretch***.





Stretching Basics

- **Don't stretch too far**, especially in the beginning
- **Hold a stretch** in a comfortable position for 15-30 seconds
- **Breathe** slowly and deeply
- **Do not bounce** a stretch.
Bouncing a stretch causes your body to tighten the very muscles you are trying to stretch
- **Consciously relax** the muscles being stretched
- **Stretch** within your own **limits**
- **Stretch** any time of day.

Stretching will make you feel better!



Let's get started with hip movements:

Our hip joints can **flex forward**, like walking up stairs, **extend backward**, like walking backward, **reach sideways**, like side stepping and **rotate inward and outward** like when you pull your foot up to look at it or lift your foot out and back to see what you just stepped in and is now on the bottom of your shoe. Our hips stay flexed a lot throughout the day when we are sitting - this leaves the muscles that **flex** (bend) our hips **tight** and the muscles that **extend** our hips **stretched and weak**. Stretching helps you feel balanced.

7 Stretches for Tight Hips





Hamstrings: (the muscles on the back of your thighs)

Seated on the floor: Extend your right leg, knee as straight as you can, toes pointing up, bring your left foot up against the inside of the right thigh with the knee bent. Sit up tall and bend

forward from the waist, not hunching your back, reaching for the right ankle with your hands. Breathe and relax for 30 seconds, then switch and stretch the other leg. If it is difficult to reach for the ankle, try looping a towel or belt under your foot and grasp the ends with your hands and stretch gently.



Lying on the floor: Lying on your back, slide both feet up to bend the knees, use both hands to grasp behind the right thigh and bring it up to vertical with the floor, then straighten your right knee to a comfortable stretch and hold for 30 seconds. Release and lower the right and grasp the left and do the same stretch. If this is difficult, try the towel or belt behind the knee or looped over the bottom of the foot.





Hip Extension

Cobra Pose:

Lying on the floor on your stomach, with your palms flat next to your chest and shoulders, push up to extend and straighten your elbows, letting your belly sag towards the floor, breathing deeply, hold this pose for 15 to 20 seconds then lower back down and relax. Repeat 3 times.



Side Lying:

On the floor, lay on your left side, bring your left arm up and bend it to rest your head in your left palm. Bend your left knee, keeping the hip straight and open. Keeping your right leg as straight as you can reach back with your right foot to a comfortable stretch on the front of the right hip, rest your foot on the floor, relax and hold that position for 15 to 30 seconds. Roll to the right side and repeat the pose for extending the left hip.





Hip Abduction: (stretching the hip out sideways)

Seated Butterfly: This works to turn the hip inward as well as outward, stretching the

groin. Sitting on the floor, bend both knees up and out, bringing your feet together. Grasp your toes with both hands, and sitting up as straight as you can and gently pull yourself forward. Hold this position comfortably for 15 to 30 seconds.

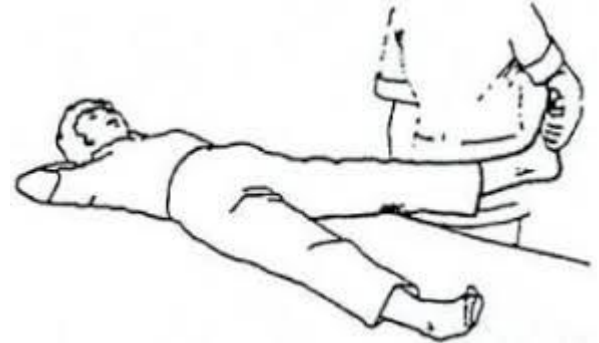
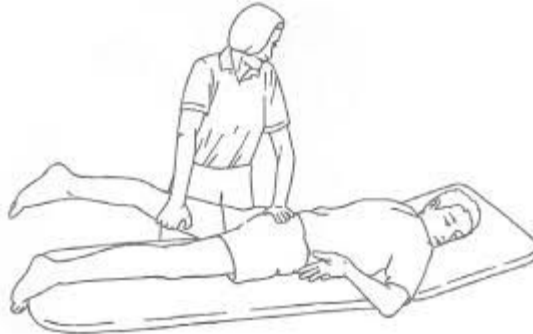


Wishbone: Lying on the floor or your bed, on your stomach, with both legs straight, slowly slide both legs out to the side for a comfortable stretch of the groin. Hold this position for 15 to 30 seconds. If this is uncomfortable, try doing the same move on your back.



Passive Stretching

If you need to help someone stretch, get close enough to them so you can give them a good stretch while protecting your back. As you move a leg into a stretch, carefully move it until you feel resistance. This is the end of their comfortable range of motion, so back off just a bit and hold that comfortable stretch for 15 to 30 seconds.





Let's get started with shoulder movements:

Our shoulders are amazing! We can reach forward, backward, out to the side, across our front or back, up and down and we can combine any of those movements together. So it is important to keep our shoulders flexible. We keep a lot of tension in our neck and shoulders. Moving them all around breaks that tension up and leaves us more relaxed and energized at the same time. Playing catch, swimming, passing food around the dinner table, climbing and many other activities are possible with flexible shoulders.





Shoulder Stretches:(sit or stand)

Arm Across Chest: Reach across your chest with your left arm straight. Use your right forearm, just above your left

elbow to pull the left arm closer to your chest in a comfortable stretch. Hold 15 to 30 seconds.

Repeat for the right arm.

Arm Behind Head: Reach your left arm up behind your head, trying to touch the base of your neck between your shoulders. Use the right hand cupped over your left elbow to pull the left arm down into a comfortable stretch and hold for 15 to 30 seconds.

Repeat the stretch for the right arm.

Clasp Hands Behind Back: With arms straight, clasp your hands behind your back while lifting your chest up and out. Hold for 15 to 30 seconds.

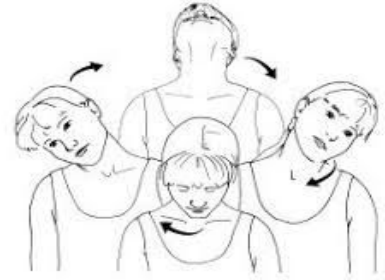


Shoulder Warm Ups:(sit or stand)

Shrugs: With your trunk straight and tall and your head up, looking forward, raise both shoulders towards your ears, while breathing in, and hold for 3 seconds, relax and exhale. Repeat 10 times.

Shoulder Rolls: With your trunk straight and tall and your head up, arms relaxed at your side, roll both shoulders forward toward the chest, then up towards your ears, then back towards your spine then down to relax. Try to breath deep as you come forward, up and back and exhale as you come down and relax. Repeat 10 times.

Neck Rolls: Same position as above, staying tall, drop your chin to your chest, roll your left ear towards your left shoulder, then back to look at the ceiling, then right ear towards right shoulder and back to chin to chest. 5 slow circles each direction with deep breathing.





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Stretching Exercises for Wheelchair Users [Infographic]

Step-by-step stretching instructions for those who can actively participate in stretching but may find it easier to do the stretching while sitting in their wheelchair.