












	Stretching	Strengthening	Notes
Spine Flexion			
	Entire body, hamstrings and calves	Chest, arms shoulders, wrist	Keep head in line with shoulders; try to get heels to the floor; keep legs straight
	Back, hamstrings	Abs, upper back	Do not move head to the side; legs may be bent if necessary
	Back, shoulders		Forehead to ground; legs may be together or apart
	Spine, hamstrings		Relax head and neck; legs may be bent if necessary but try to straighten them
	Spine, hamstrings		Keep both legs straight; try to take forehead to knee
Spine Extension			
	Spine, legs, abs	Core, upper back	Try not to use the arms; use fingertips for support only
	Spine, legs, abs	Core, upper back	Press into floor with pelvis, look up
	Spine, legs, chest, arms, abs	Core, upper back	Flex the feet and kick away from the body
	Spine, arms, chest, shoulders, quads, abs	Spine	Take head back, open the chest, reach sternum toward ceiling
	Upper back, neck, chest, abs		Take crown of head back, reach up through sternum

	Stretching	Strengthening	Notes
	Quads, back, chest, abs	Quads, shoulders	Tuck shoulders under body
	Spine, legs, chest, abs	Core, upper back	Look up
Arms			
	Back, legs	Chest, arms, shoulders, wrist, abs	Keep body in straight line (don't let hips fall)
	Lateral stretch for entire body	Core, upper back, arms, wrist, legs	Be as flat as possible, like a triangle; do not let hips fall
		Core, chest, upper back, arms, wrist	Do not let the hips fall; stay in a straight line
	Spine, legs	Core, upper back, arms	Place crown of head on the floor first, then walk feet in toward the hips
Abdominals			
		Abs, spine, legs	Do not let the back round - stay as straight as possible
		Abs, legs	Opposite arm / leg extend

	Stretching	Strengthening	Notes
Legs			
	Arms, chest, abs	Quads	Pretend you are sitting back in a chair; reach up and look up
	Hamstrings and back		Keep extended leg straight with foot flexed
	Hamstrings and calves		Keep both legs straight; flex the foot of the extended leg
	Hip flexors, quads		Keep back leg straight
	Spine, hips, legs		Feet may be parallel or turned out
	Hips, legs	Legs, abs	Press knees apart with your elbows to assist the opening of the hips
	Hips, legs, spine		Keep legs straight; reach forward with straight back
	Legs, hips		Keep body in a straight line
Spinal Rotation			
	Spine	Core	Sit straight up, engage core, then twist body

Region	View	Muscle	Action
Neck	Anterior	<i>Platysma</i>	Depress mandible, tense neck
		<i>Sternocleidomastoid</i>	Flex neck (both sides together) Rotate head to opposite side (1 side alone)
Spine	Posterior	<i>Erector spinae (lat to med.) Iliocostalis, longissimus, spinalis</i>	Extension and lateral flexion of spine; postural stability
	Posterior	<i>Quadratus lumborum</i>	Lateral flexion of the spine
Abdomen	Anterior	<i>Rectus abdominis</i>	Vertebral flexion/ compression
		<i>External oblique</i>	Vertebral flexion/ rotation/ comp
		<i>Internal oblique</i>	Vertebral flexion/ rotation/ comp
		<i>Transversus abdominis</i>	Compress abdomen
		<i>Diaphragm</i>	Quiet respiration
Shoulder Girdle	Posterior	<i>Trapezius</i>	Upper: elevation of shoulder girdle Middle: retract (adduct) scapula Lower: depress scapula All fibers: rotate scapula
		<i>Levator scapulae</i>	Elevates and retracts scapula; lateral flexion of the skull
		<i>Serratus anterior</i>	Protraction of scapula; abduction, upward rotation of arm
		<i>Rhomboid major/ minor</i>	Retraction (adduction) and stabilization of scapula
		Anterior	<i>Pectoralis minor</i>
Shoulder Joint	Posterior	<i>Latissimus dorsi</i>	Extends the flexed arm, adducts and medially rotates the humerus
		<i>Teres major</i>	Adduct, inward rotation, extension
		<i>*Supraspinatus</i>	Abduction and stabilization
		<i>*Infraspinatus</i>	Adduction, outward rotation

Region	View	Muscle	Action
		<i>*Teres minor</i>	Adduction, outward rotation
	Anterior	<i>*Subscapularis</i>	Adduction, inward rotation
		<i>Pectoralis major</i>	Adduction, medial rotation and oblique adduction of humerus; flexion and medial rotation of shoulder
		<i>Biceps brachii</i>	Flexion
		<i>Triceps brachii long head</i>	Extension
	Anterior Medial Posterior	<i>Deltoideus</i>	Anterior: flex, medially rotate humerus Middle: Abduct humerus at shoulder Posterior: Extend, laterally rotate humerus
Elbow Joint	Anterior	<i>Biceps brachii</i>	Flexion, supination of forearm
		<i>Brachialis</i>	Flexion of forearm
		<i>Brachioradialis</i>	Flexion. Pro/supination of forearm
	Posterior	<i>Triceps brachii</i>	Extension of forearm
Wrist and Hand	Anterior	<i>Flexor carpi radialis</i>	Flexion of wrist and hand
		<i>Palmaris longus</i>	Flexion of wrist and hand
		<i>Flexor carpi ulnaris</i>	Flexion of wrist and hand
	Posterior	<i>Extensor carpi radialis longus</i>	Extension of wrist and hand
		<i>Extensor digitorum</i>	Extension of wrist and hand
		<i>Extensor carpi ulnaris</i>	Extension of wrist and hand
Hip Joint	Anterior	<i>Iliopsoas (Iliacus and Psoas major)</i>	Hip flexor; flexion, lateral rotation of femur
		<i>Rectus femoris</i>	Flexion
		<i>Sartorius</i>	Flexion, lateral rotation and abduction of hip
	Medial	<i>Gracilis</i>	Adduction of leg

Region	View	Muscle	Action
		<i>Pectineus</i>	Flexion, adduction of leg
		<i>Adductor longus</i>	Adduction, flexion of leg
	Posterior	<i>Gluteus maximus</i>	Extension, lateral rotation and abduction of hip
		<i>Hamstrings:</i> <i>Semitendinosus</i> <i>Semimembranosus</i> <i>Biceps femoris (long head)</i>	Extension of knee
	Lateral	<i>Tensor fasciae latae</i>	Flexion, abduction and medial rotation of hip; stabilizes knee
		<i>Gluteus medius</i>	Abduction of hip, rotation of hip (ant. fibers medial rotation; post. fibers lateral rotation)
	Posterior	<i>Piriformis</i>	Lateral rotation of hip; abduction of thigh when hip is flexed; femoral stability in acetabulum
Knee Joint	Anterior	<i>Quadriceps:</i> <i>Rectus femoris</i> <i>Vastus lateralis</i> <i>Vastus medialis</i> <i>Vastus intermedius</i>	Extension of knee
	Posterior	<i>Hamstrings:</i> <i>Semitendinosus</i> <i>Semimembranosus</i> <i>Biceps femoris</i>	Flexion of knee
		<i>Sartorius</i>	Flexion
		<i>Gracilis</i>	Flexion
		<i>Gastrocnemius</i>	Flexion
Ankle Joint	Anterior	<i>Tibialis anterior</i>	Dorsiflexion and inversion of foot
	Lateral	<i>Fibularis longus</i>	Eversion, plantar flexion of foot
	Posterior	<i>Gastrocnemius</i>	Plantar flexion of foot
		<i>Soleus</i>	Plantar flexion of foot, postural stability (prevents falling forward)