

# Oldham Pain Management Programme

## Stretching Exercises



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Bend to the side with opposite arm reaching overhead.

Repeat 5 times each side.



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Stand straight with feet apart.

Support your back with your hands while bending your back as far backwards as possible. Keep your knees straight during the exercise.

Repeat 5 times.



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Stand or sit. Bend and lift the arm to be stretched.

Grasp your elbow with the other hand and push back and down until you can feel the stretching at the back of your upper arm. Hold the stretch for 10 secs.



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Stand holding on to a support with one hand and to the ankle with the other hand. Pull the ankle towards your bottom. Hold 10 seconds.

Repeat 5 times each side.

Repeat 5 times each side.



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Stand with the leg to be stretched on a footstool/step.

Bend your upper body forwards from your hips keeping your back straight. You should feel the stretching behind your knee and thigh.

Hold 10 seconds.

Repeat 5 times each side.



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Stand in a walking position with the leg to be stretched straight behind you and the other leg bent in front of you. Take support from a wall or chair.

Lean your body forwards and down until you feel the stretching in the calf of the straight leg. Hold 10 seconds.

Repeat 5 times each side.