



School of
Dentistry

STRETCHING AND STRENGTHENING EXERCISE PROGRAM

STRETCHING EXERCISE REGIMEN



Wrist Flexion/Extension

1. HOLD ARM OUT IN FRONT OF YOU PARALLEL TO THE FLOOR AND BEND YOUR WRIST SO YOUR FINGERTIPS ARE POINTING TOWARDS THE FLOOR OR UP TOWARDS THE CEILING
2. APPLY FORCE WITH OPPOSITE HAND IN THE DIRECTION OF YOUR BODY UNTIL YOU FEEL A STRETCH
3. HOLD STRETCH FOR 15 SECONDS AND COMPLETE TO OTHER SIDE

Lateral Neck Flexion

1. PLACE RIGHT HAND ON TOP OF HEAD WITH LEFT ARM PLACED BEHIND YOUR BACK
2. LIGHTLY PULL HEAD TO THE SIDE UNTIL YOU FEEL A STRETCH
3. ROTATE HEAD FORWARD AND TO THE SIDE TO STRETCH DIFFERENT AREAS OF THE NECK MUSCLES
4. HOLD STRETCH FOR 15-20 SECONDS AND COMPLETE ON OTHER SIDE



Pectoralis Stretch

1. PLACE HANDS INTERLOCKED BEHIND BACK
2. ARCH BACK AND LOOK UPWARDS TOWARD CEILING UNTIL YOU FEEL A STRETCH IN YOUR CHEST
3. HOLD FOR 10 SECONDS

1. PLACE HANDS INTERLOCKED IN FRONT OF STOMACH WITH PALMS FACING TOWARDS THE GROUND
2. FULLY EXTEND ARMS AND ROUND UPPER BACK, BRING CHIN IN TOWARDS CHEST
3. HOLD FOR 10 SECONDS



Curved Spine Stretch



Trunk Rotation & Shoulder Stretch



1. PLACE LEGS IN TRIPOD POSITION
2. LEAN TO ONE SIDE WITH ELBOW RESTING ON THE KNEE OF THE SIDE YOU ARE LEANING TOWARDS
3. STRETCH OPPOSITE ARM ABOVE HEAD AND LOOK AT CEILING
4. HOLD STRETCH FOR 15 SECONDS ON BOTH SIDES

Hip Flexor Stretch

1. FROM A STANDING POSITION, TAKE A SHORT STEP FORWARD WITH ONE FOOT
2. LOWER THAT LEG INTO A LUNGE POSITION WITH KNEE BENT, WHILE KEEPING OTHER LEG EXTENDED STRAIGHT BACK
3. PLACE BOTH HANDS ON LUNGED KNEE FOR SUPPORT
4. HOLD STRETCH FOR 5 SECONDS ON BOTH SIDES, AND REPEAT 3 TIMES



STRENGTHENING EXERCISE REGIMEN

Bilateral Lying Toe Taps

1. LIE ON YOUR BACK WITH FEET FLAT ON FLOOR AND CONTRACT LOWER ABDOMINAL MUSCLES TOWARDS THE FLOOR
2. LIFT BOTH LEGS AT A TIME, BRINGING YOUR HIPS AND KNEES TO 90° ANGLES
3. RETURN LEGS TO STARTING POSITION WHILE MAINTAINING THE 90° ANGLE AT YOUR KNEES AND REPEAT
4. COMPLETE FOR 15 REPS



Alternating Arm & Leg Raise

1. BEGIN IN A FOUR-POINT POSITION WITH KNEES AND HANDS ON FLOOR (KNEES DIRECTLY UNDERNEATH HIPS AND HANDS DIRECTLY UNDER SHOULDERS)
2. RAISE YOUR LEFT ARM SIMULTANEOUSLY AS YOU LIFT YOUR RIGHT (OPPOSITE) LEG OFF THE GROUND
3. HOLD THIS POSITION FOR 3 SECONDS AND THEN LOWER BACK TO GROUND
4. COMPLETE FOR 15 REPS EACH SIDE AND REPEAT ON OTHER SIDE



Thoracic Extension



1. BEGIN IN A FOUR-POINT POSITION WITH KNEES AND HANDS ON FLOOR (KNEES DIRECTLY UNDERNEATH HIPPS AND HANDS DIRECTLY UNDER SHOULDERS)
2. PLACE RIGHT PALM ON BACK OF HEAD AND AIM THAT ELBOW TO ROTATE INWARDS TOWARDS YOUR LEFT ELBOW
3. ONCE YOU GET AS CLOSE TO THE LEFT ELBOW AS YOU CAN, OPEN UP YOUR SPINE BY ROTATING YOUR RIGHT ELBOW AWAY FROM IT
4. SQUEEZE YOUR SHOULDER BLADES AS YOU ROTATE YOUR ELBOW UPWARDS AND THEN ROTATE ELBOW BACK INWARDS AND REPEAT
5. COMPLETE EXERCISE ON THE OTHER SIDE AND COMPLETE FOR 15 REPS EACH SIDE



Wall Sliding Exercises

1. STAND WITH BACK PRESSED FIRMLY AGAINST THE WALL
2. PLACE THE BACK OF YOUR ARMS AND HANDS OVER YOUR HEAD AGAINST THE WALL
3. WHILE KEEPING YOUR HANDS AND ARMS AGAINST THE WALL, SLIDE THEM DOWN AND BRING YOUR ELBOWS INTO YOUR SIDES
4. SLIDE HANDS BACK UP AGAINST THE WALL TO STARTING POSITION AND REPEAT
5. COMPLETE FOR 10 REPS

Downward Squeeze



1. SECURE RESISTANCE BAND TO ANCHOR APPROXIMATELY 8-12IN ABOVE YOUR HEAD
2. STAND FACING TOWARDS THE RESISTANCE BAND
3. GRASP RESISTANCE BAND IN EACH HAND AND PULL DOWN BRINGING HANDS TO SHOULDERS AND KEEPING ELBOWS BETWEEN 45°-90° ANGLE
4. HOLD END POINT FOR 2-3 SECONDS AND RELEASE HANDS SLOWLY BACK TO STARTING POSITION
5. COMPLETE FOR 10-15 REPS

External Rotation

1. SECURE RESISTANCE BAND TO ANCHOR AT THE HEIGHT OF YOUR STOMACH
2. STAND PERPENDICULAR TO THE RESISTANCE BAND AND GRAB IT WITH THE OUTSIDE HAND
3. KEEP ELBOW AT YOUR SIDE AND MOVE THE BAND AWAY FROM YOUR BODY BY SQUEEZING YOUR SHOULDER BLADE IN TOWARDS THE MIDDLE OF YOUR BACK
4. REPEAT ON OTHER SIDE
5. COMPLETE 10-15 REPS ON EACH SIDE



*YELLOW LINES RESEMBLE A RESISTANCE BAND