

## STRETCH/CORE

### The James Advanced Exercise Program

Regular exercise several times a week is good for your mind and body. Exercise can help fight fatigue, boost your energy level, relieve stress and tension, make your muscles stronger and help you sleep better.

It is important to start slowly and increase your activity over time. Remember to BREATHE

#### Before You Start an Exercise Program

Check with your doctor before you start an exercise program. It is important to know if it is safe for you to exercise.

#### Stretching

These exercises will help you stretch your body. Do each stretch slowly and gently to prevent soreness. It is important to continue breathing during each stretch. Hold each stretch for 15 seconds on each side.

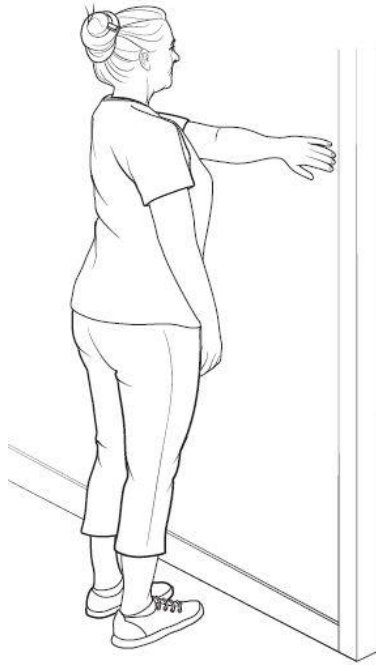
#### Chest Stretch

1. Face the wall and put one arm out straight to the side against the wall.
2. Turn your chest away from your arm.
3. Hold for 15 seconds.
4. Repeat with your other arm.



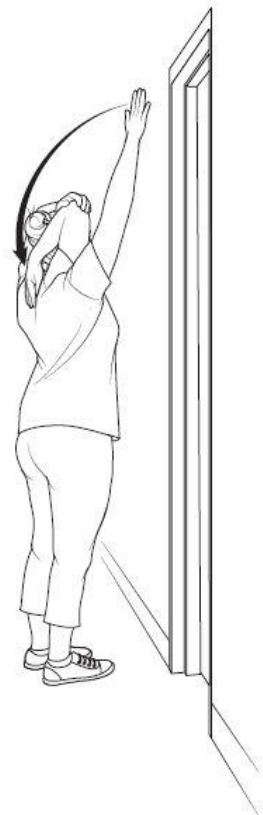
### Shoulder Stretch

1. Face the wall and extend your arm across your chest.
2. Put your palm on the wall and relax your shoulder. Lean in toward the wall.
3. Hold for 15 seconds.
4. Repeat with your other arm.



### Tricep Stretch

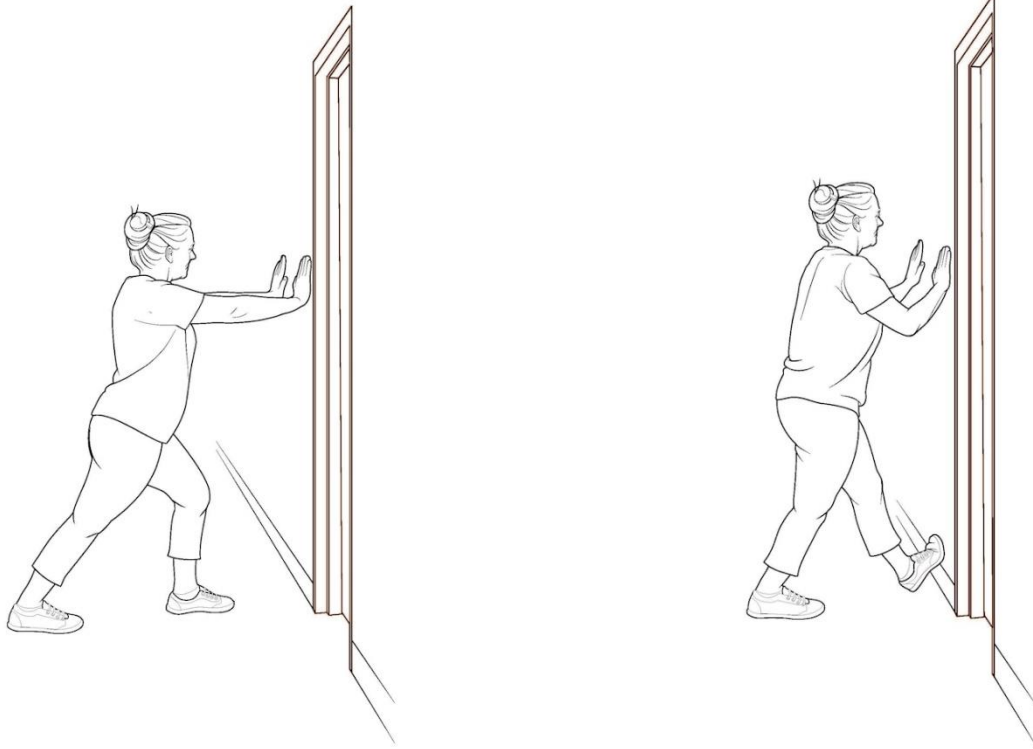
1. Walk your fingers up the wall and stop when you feel a stretch in the back of your upper arm.
2. Reach one arm over your head and bend it at your elbow.
3. Use your other arm to gently push your elbow down behind your head.
4. Hold for 15 seconds.
5. Repeat with your other arm.



### Calf Stretch

1. Place both hands on the wall with your arms out straight.

2. Lean into the wall with your front leg bent and your other leg out straight.
3. Push your heel down and your hips forward.
4. If you are able, prop your foot up against the wall. Keep your heel on the floor and point your toes up, touching the wall. Lean into the wall until you feel the stretch.
5. Hold for 15 seconds.
6. Repeat with your other leg.



### **Quadriceps Stretch**

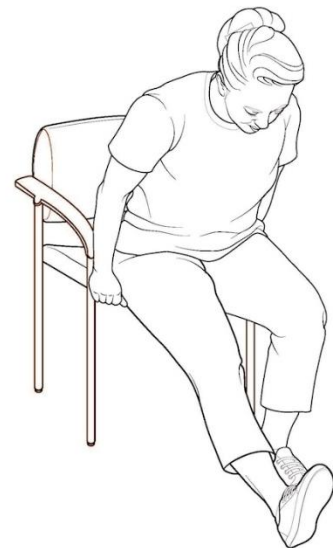
1. Face the wall and use the wall for balance.
2. Slightly bend your knee and grasp your foot behind you.
3. Pull your foot towards your bottom.

4. If needed, you can use a chair or stool to hold your foot up.
5. Keep your knees together, stand up straight and press your hips forward.
6. Hold for 15 seconds.
7. Repeat with your other leg.



### Hamstring Stretch

1. Sit at the front edge of a chair.
2. Put your leg out straight and point your toes up.
3. Keep the knee of your other leg bent.
4. Lean over your extended leg and reach towards your toes.
5. Hold for 15 seconds.
6. Repeat with your other leg.



### Inner Thigh Stretch (Butterfly)

1. Sit on the floor and bend your knees to bring your heels together. Keep your back straight.
2. Let your knees fall toward the floor.
3. If you are able, put your hands around your toes and gently pull your feet in toward your body until you feel a stretch in your inner thighs.
4. Hold for 15 seconds.



### Back Stretch

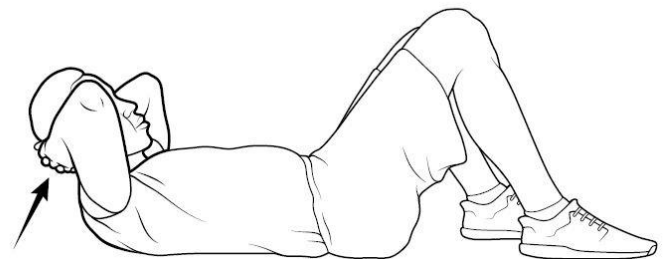
1. Lie flat on your back with your knees bent.
2. Press your lower back into the floor.
3. Keep your knees together and slowly drop your knees to one side. Keep your shoulders flat on the floor.
4. Hold for 15 seconds.
5. Repeat on your other side.

### Core Exercises

Core exercises work to strengthen your stomach (abdominal) muscles. Core strength is important to help you balance and prevent injuries that can happen when you are active. Try to repeat each exercise 10 times.

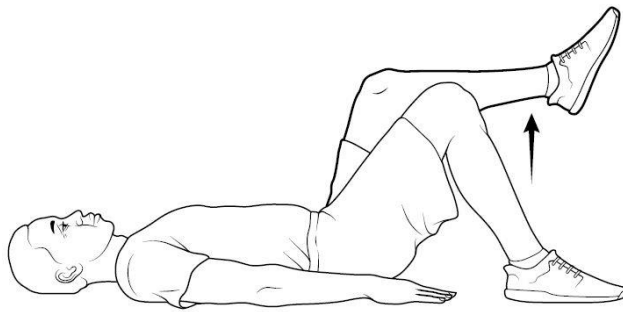
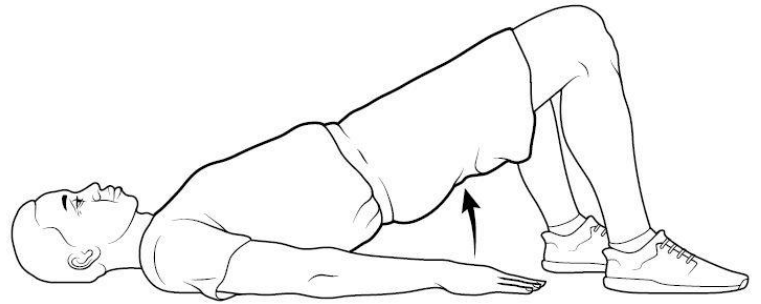
#### Ab Curls

1. Lie flat on your back with your knees bent.
2. Pull your stomach in towards your spine.
3. Keep your neck relaxed. It may help to use your hands to gently support your head.
4. Use your stomach muscles to curl up. **Do not** bend your hips.
5. Slowly lift your upper back off the floor.
6. Slowly drop back down to the floor.
7. Repeat 10 times.



## Bridging

1. Lie flat on your back with your knees bent.
2. Pull your stomach in towards your spine.
3. Keep your stomach muscles tight and your shoulders on the floor. Lift your hips off the floor.
4. Hold for 1 to 2 seconds.
5. Slowly lower your hips back to the floor.
6. Repeat 10 times.

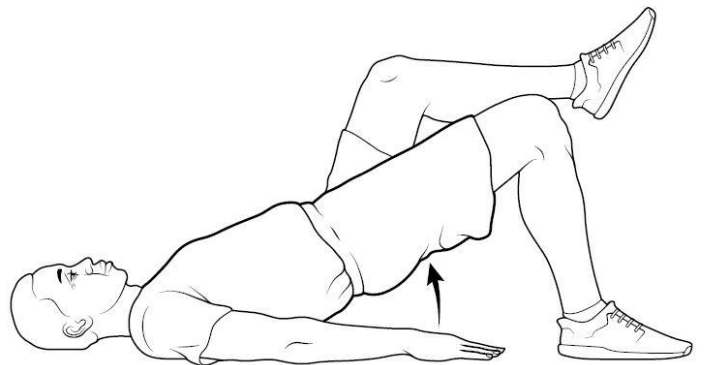


## Neutral Back with Marching

1. Lie flat on your back with your knees bent.
2. Pull your stomach in towards your spine.
3. Slowly lift your legs, one at a time, towards your chest.
4. Repeat 10 times with each leg.

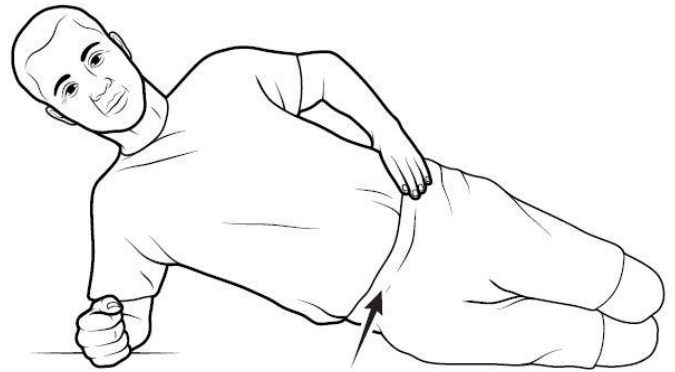
## Bridging With Marching

1. Lie flat on your back with your knees bent.
2. Pull your stomach in towards your spine.
3. Keep your stomach muscles tight and your shoulders on the floor. Lift your hips off the floor.
4. Slowly lift one leg up towards your chest.
5. Lower your leg down to the floor.
6. Repeat 10 times with each leg.



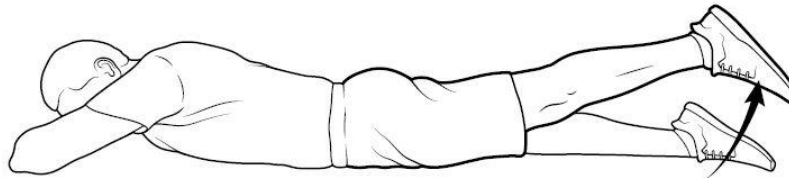
### Side Plank

1. Lie on the floor on your side.
2. Keep your hand and elbow under your shoulder and your back straight.
3. Slowly lift your hips off the floor.
4. Hold for 3 to 5 seconds.
5. Slowly lower your hips back to the floor.
6. Repeat 10 times.



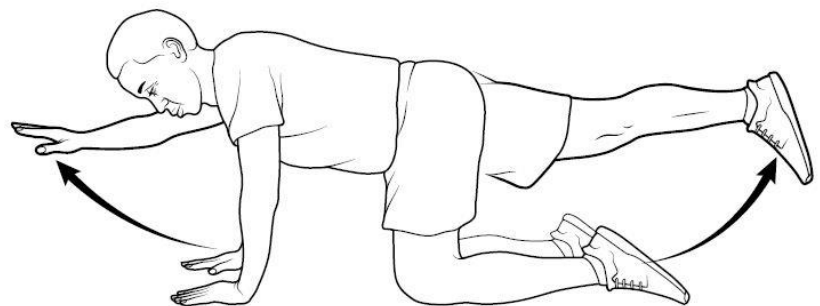
### Lying Leg Lift

1. Lie down flat on your stomach. Rest your forehead on your hands.
2. Squeeze the left side of your bottom and slowly lift your left leg off the floor as high as you can. Keep your leg straight and hold for 1 to 2 seconds.
3. Lower your left leg back down to the floor.
4. Repeat 10 times with each leg.



### Superwoman

1. Start with your hands and knees on the floor in a table position.
2. Tighten your stomach muscles and press your shoulders down.
3. Extend your right arm and left leg out.
4. Keep your back and hips straight.
5. Hold 3 to 5 seconds.
6. Slowly lower your leg and arm back to starting position.
7. Repeat with your left arm and right leg.
8. Repeat 10 times on both sides.



### Seated Arm Weight

1. Sit on a chair or therapy ball.
2. Keep your back straight and bend your knees.
3. On one side of your body, hold a weight with both hands close to your hip.
4. With both hands, lift the weight up diagonally across your body toward the ceiling.
5. Repeat 10 times on each side.

