

Appendix 12 - Stretching Log Sheet

Before starting get professional advice to avoid injury. Do not attempt to start any stretching program without specific instructions from your doctor or physical therapist. Check with your doctor or health professional before stretching if you have an injury or are unsure of how to stretch properly or have had a previous injury. See the text in chapter 9, Protecting the Temple – Investing in Your Brain and Body.

| Weekly Stretch Checklist | | | | | | | |
|---------------------------------|--|----------|----------|----------|-----------|----------|----------|
| Week: ___/___/___ | Positions should be held for about 30 seconds. | | | | | | |
| Upper Body Stretches | S | M | T | W | Th | F | S |
| Triceps Stretch | | | | | | | |
| Chest Stretch | | | | | | | |
| Straight Arm Chest Stretch | | | | | | | |
| Neck Stretch | | | | | | | |
| Wrist Flexor Stretch | | | | | | | |
| Interlaced Fingers Stretch | | | | | | | |
| Lower Back Stretch | | | | | | | |
| Abdominal Stretch | | | | | | | |
| Lower Body Stretches | S | M | T | W | Th | F | S |
| Double Hip Rotation Stretch | | | | | | | |
| Hip Rotator Stretch | | | | | | | |
| Hamstrings Stretch | | | | | | | |
| Standing Quadriceps Stretch | | | | | | | |
| Calf Stretch | | | | | | | |
| Gluteal Stretch | | | | | | | |
| Groin Stretch | | | | | | | |
| Seated Butterfly Groin Stretch | | | | | | | |
| | | | | | | | |