

SELF STRETCHES FOR DUCHENNE

General Rules of Stretching

- Stretching should not be painful
 - As the muscle relaxes, increase the pressure
 - Most stretches are held for 60 seconds and repeated
 - A daily routine is most effective
- Performing a daily stretching routine is the most effective way to prevent loss of flexibility.
When done correctly, it can manage muscle contractures and ultimately improve and prolong physical ability and independence.
If you have any questions, please feel free to ask: info@duchennetherapynetwork.com

Hamstring Stretch – Wall Self Stretch

Lay at the corner of two walls, place a heel on the wall and the other leg along the wall on the floor. Slowly move closer to wall until a stretch is felt in the back of the thigh. Hold for 60 seconds and repeat 1-2 times.



Gastrocnemius (Achilles)- Self Stretch

While standing at a wall, position one foot in front of the other. Lean forward keeping the back knee straight and toes pointed forward. Hold for 60 seconds, relax then repeat.



Soleus Stretch – Standing

While standing at a wall, position one foot in front of the other. Slowly lean forward while bending the back knee and keeping toes forward and heel on the ground. Hold 60 seconds then repeat for 60 seconds.



Wrist Extension Stretch – Self Stretch

While seated, place palms down at your side.
Slowly move hands backward
until a stretch is felt.
Hold 60 seconds, rest, reposition
and repeat 60 seconds.



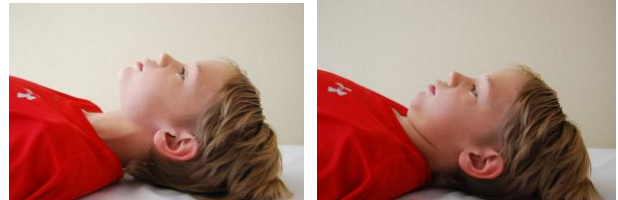
Wrist and Finger Extension – Self Stretch

Place palms together in front of face,
slowly lower hands, keeping elbows out,
until a stretch is felt.
Hold 60 seconds, rest, reposition
and repeat 60 seconds.



Neck Extensor - Self Stretch

Begin in a comfortable neck position looking
forward. Tuck the chin down while extending
the back of the neck.
Hold 5-10 seconds and repeat 5-10 times.



Trunk Rotation - Self Stretch

Laying on the back with knees bent, swing
them to one side allowing the hips and lower
back to rotate in the same direction. Keep
shoulders down.
Hold 10-20 seconds and then repeat on the
other side. Repeat each side 10-20 times.

