

# Cool-down Exercises

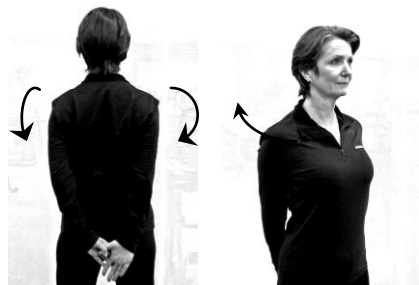
- Start your cool-downs with 2-3 minutes easy walking, either in one place or around the room
- Hold each stretch 15-30 seconds
- Stretch only to the point of “mild discomfort”. Stretches should never be painful
- Maintain excellent posture, always keeping chest lifted and head looking straight forward
- Muscles should be warm before stretching; be sure to precede with warm-ups and/or other activity
- Maintain rhythmic breathing
- Use pursed lips breathing if you have a lung limitation. See instructions on *Warm-up Exercises*

## 1. Side stretch



Gently extend one arm up, pushing the palm toward the ceiling. Slowly lift rib cage and shoulder blade to feel a pain-free stretch through the torso. Hold 15-30 seconds.

## 2. Chest stretch



Clasp hands behind your back. Gently push both shoulders back, squeezing the shoulder blades together for a pain-free stretch across chest and front of shoulders. Hold 15-30 seconds.

## 3. Calf stretch



Rest hands on back of chair with one foot behind you in a lunge position. Point toes of both feet straight forward. Push gently on heel of back foot, letting hips fall lightly forward for a pain-free stretch through calf muscle. Keep back foot flat. Hold 15-30 seconds.

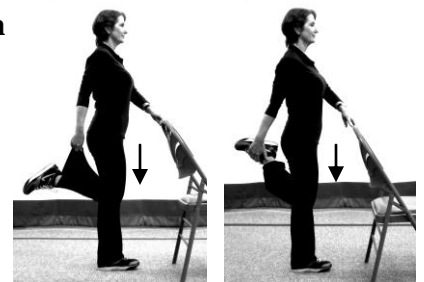
## 4. Hamstring Stretch (back of thigh)

Sit with hips on the edge of chair. Extend one leg with toes pointing toward ceiling. Gently push the chest forward, bending from hips and keeping the chest upright for a pain-free stretch in back of thigh, behind knee, and in calf. Hold 15-30 seconds.



## 5. Quadriceps Stretch (front of thigh)

Start by grabbing pant leg; progress to ankle or foot if comfortable



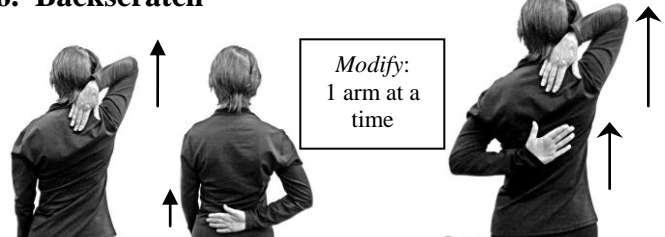
Stand behind chair. Grasp ankle, foot or pant leg behind you, keeping knee pointing straight down & standing upright for a pain-free stretch in front of thigh. Hold 15-30 seconds.

**Alternative:** If the above is difficult, sit with hips on the edge of chair. Turn both knees to one side with outside hip off chair. Holding onto back of chair, drop outside knee toward floor with thigh pointing straight down. Keep torso upright, and try to gently “push” your hip forward for a stretch along front of hip & thigh. Hold 15-30 seconds. When switching, bring knees together before turning.

Alternative



## 6. Backscratch



Modify:  
1 arm at a time

Put one hand behind head with elbow pointing toward ceiling. Reach behind you with your other hand, slowly move hand up the back toward shoulder blades for a pain-free stretch in the shoulders. Hold 15-30 seconds. To modify this stretch, use one arm at a time as shown.