

A woman with her hair in a bun, wearing a grey tank top, is seen from behind, stretching her arms upwards and crossing her hands. She is in a park with green trees and grass. The background is slightly blurred, emphasizing the woman and her stretching action.

# MOVE WITH EASE

A Stretching Guide



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# Welcome!

The Stretching Guide serves as an introduction and an ongoing reference for self-care. While our bodies can surprise and frustrate us with aches and pains, the good news is that with a modest investment of time, you can **reduce pain and increase movement**. Increased movement in muscles and joints **keeps you doing what you love!** And maybe trying a few new things as well!

**All it takes is a 10 minute investment 3-4 times per week. Do it after you take a walk!**

The Stretching Guide is an extension of my massage and bodywork practice. My goal with every client is to **facilitate physical awareness and options for movement** to increase their independence. While massage and bodywork are excellent for maintenance and renewed physical awareness, my goal is to "get the ball rolling" in treatment and then to educate, demonstrate and design stretching and strengthening programs YOU can do on your own.

**Stretching does not need to be complicated.** I have assembled stretches that are straight forward and can be performed without any fancy equipment. I identify specific parts of the body to target for regional aches - some of these may be obvious some may not be. Believe it or not, stretching your feet and back can help tight calves, hamstrings and glutes!

**All it takes is a 10 minute investment 3-4 times per week. Do it while you watch television!**



## How To Use This Guide

The guide is laid out by body region: **arm, leg, back, neck**, etc.

Pick **1-2 stretches**, click on the video and give it a try!

Read the introductory text, listen to the video - which also has instruction.

Experiment with 1-2 more stretches for the area, or an adjacent area.

**Explore these activities gently.** Nothing should be forced and for movements using balls, you should start with a soft ball, like a tennis ball.

## Before You Begin

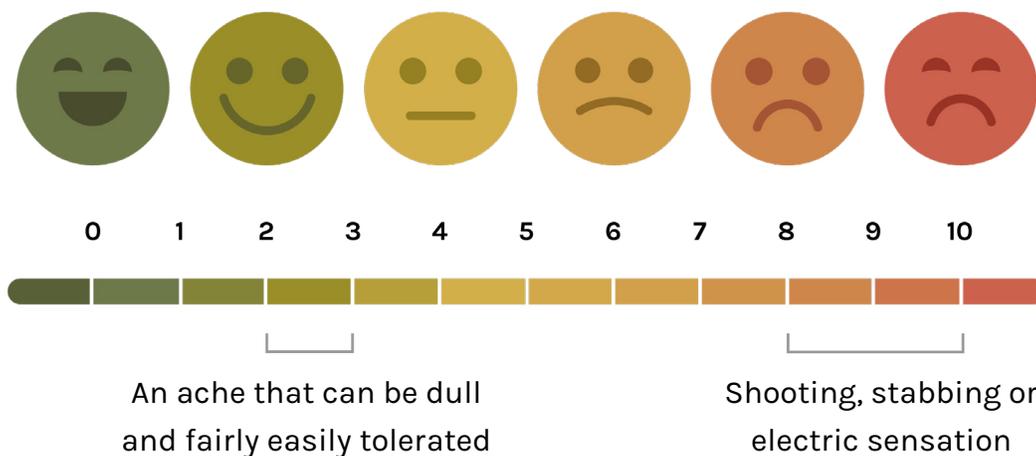
If you have an orthopedic issue or other medical condition, you should **consult your physician before trying any of these activities**. By attempting these stretches, the user assumes all risk of injury. If any activity causes pain, stop immediately. These stretches outlined below have been assembled and recommended in my capacity as an NSCA Certified Personal Trainer.



## Stretching to the Edge

Before you start a stretching program understand this one fundamental: **do not cause yourself pain**. This is counter-productive as the body will tense up, fighting your attempt to stretch.

Pain is a very subjective metric. To define clear boundaries, let's establish a scale from 1-10, where no pain = 1, and a 10 indicates significant pain.



**You should be at 3-4** - maybe slightly uncomfortable, but as you settle into the stretch for 20-30 seconds it becomes a bit more tolerable. *This is what I define as the edge.* Err on the side of doing less and perhaps holding a stretch longer.

# Tools for Stretching

Some of the activities are demonstrated with **the use of tools**. For example a rope allows us to do a number of leg stretches you might not otherwise be able to do. Or a ball can be used along the spine or around the hips accessing areas with pressure you cannot muster with hand work.

In my introductory video ([Stretch Intro & Tools](#)) I go through a handful of tools and how they might be used. Recommended tools:

## STARTER

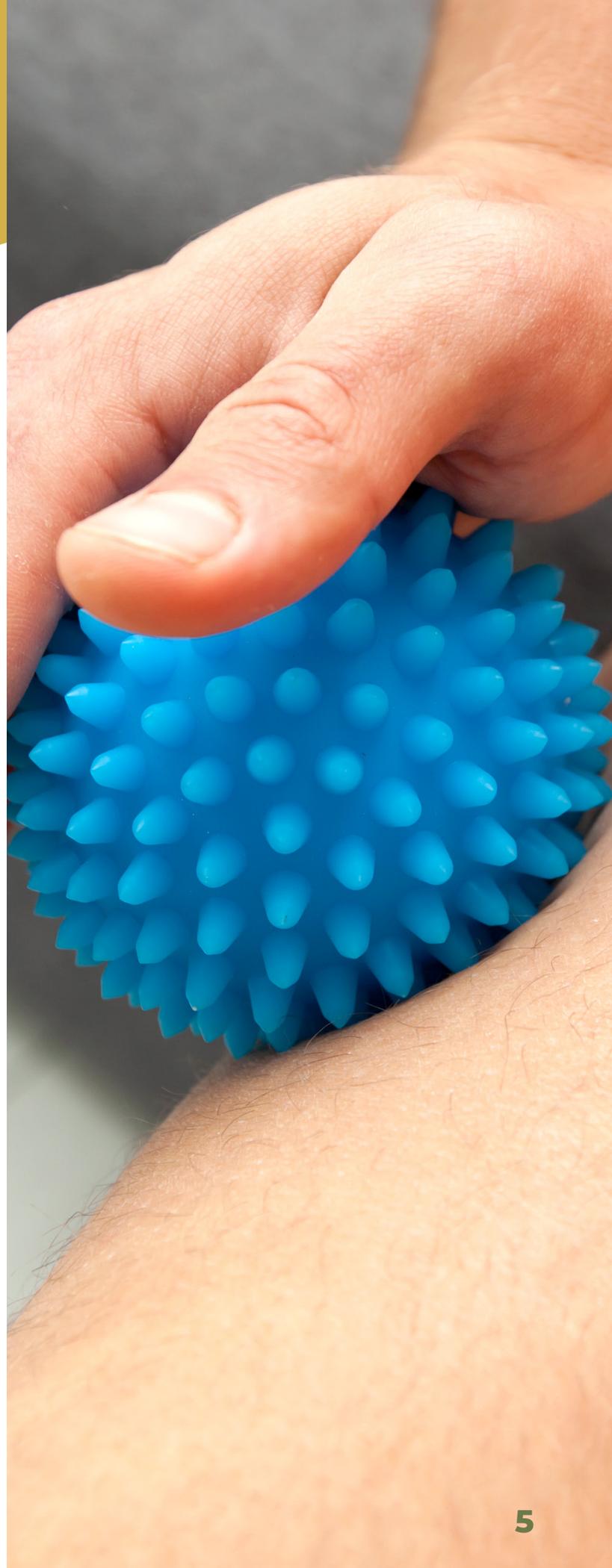
A tennis or lacrosse ball, widens options for hips & back.

## NEXT LEVEL

A foam roller, widens options for legs and back.

## PRO

Rope or band (arms & legs) and small ball (foot).



# Stretching and Mobility

The following are generalized investments for maintaining and increasing mobility. Results will vary between individuals. Assuming you do 4-5 stretches at a time:

Stretching **2-3x per week for 5-10 minutes** at a time will maintain where you are.

Stretching **3-4x per week for 15 minutes** at a time, hold a key stretch for 3-5 minutes.

A **6-7 day commitment of 15 minutes/day** will further accelerate the process.

That said, this is a **gradual process** - like 2-3 months before **changes from baseline take place** but you should start to feel better after the first week.

Want to learn more or book a massage with me? [Click here!](#)

Or...

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Check out more videos on my [YouTube Channel](#) - [Sam Farnsworth LMT](#)

And don't forget to follow me [@samfarnsworthlmt](#) on [Facebook](#) and [Instagram](#) for even more information.

Move with Ease.

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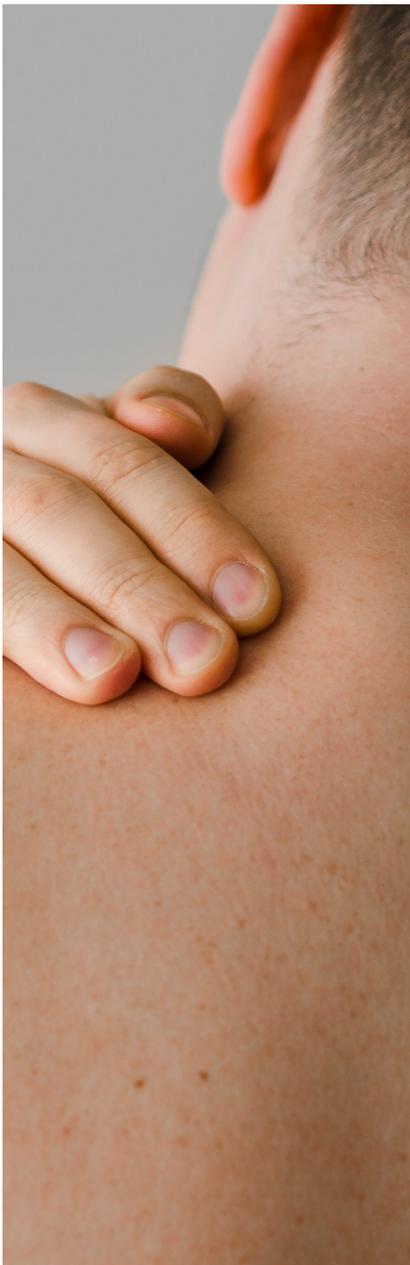


# Stretches

## An Introduction and a few words about tools

[Watch video](#)

### Neck



#### **Levator Scapulae Stretch:**

Produces tightness and discomfort, stiff neck, often from sleeping on side or on your stomach. Felt from shoulder blade -> back of neck -> base of skull.

[Watch video](#)

#### **SCM Stretch:**

Big strong muscle on the front of your neck, commonly tight if you work in front of a screen or have head-forward neck. Runs from base of skull behind ears to chest.

[Watch video](#)

#### **Chest & Neck Opener:**

Anytime, anywhere, counteract a day of sitting in front of the computer, or staring down at your phone. Extend your head back, roll shoulders back and push chest forward!

[Watch video](#)

## Chest



### **Chest & Neck Opener:**

Anytime, anywhere, counteract a day of sitting in front of the computer, or staring down at your phone. Extend your head back, roll shoulders back and push chest forward!

[Watch video](#)

### **Chest Opener – Wall:**

This stretch get the chest muscles from a number of different angles.

[Watch video](#)

### **Chest Opener – Foam Roller:**

Let gravity do the work as you lay along a foam roller and let your arms hang to your sides.

[Watch video](#)

## Shoulder



### **Tabletop:**

This one really helps the shoulders, but also benefits chest, and strengthens the glutes!

[Watch video](#)

### **Scap Pull-Up:**

A subtle move, where the lift comes just at the shoulder blade - maybe just an inch or so. Strengths/stretches muscles around the shoulder blade.

[Watch video](#)

### **Shoulder Opposite Rotation:**

Really good for nerve impingement at neck or front of shoulder. One arm rotates one way, the other the opposite way. Turn head and look at arm pit of arm turned down. Really stretch long.

[Watch video](#)

## Arm



### **Tricep Stretches:**

For the back upper arm  
- stretch tricep and bicep together. Against a wall with a rope or towel over your head.

[Watch video](#)

### **Biceps Stretch:**

Push extended arm into a wall, table, doorway. Pair with triceps stretch.

[Watch video](#)

### **Forearm Novel Movement:**

Not mine, but a well narrated video for forearm tightness.

[Watch video](#)

## Back



### **Erector Stretch:**

My go to for a tight back. Top to bottom relief along the spine. Requires a couple of balls, a sock and can be enhanced with light (1-3 lb) hand weights - or grab a couple cans of soup!

[Watch video](#)

### **QL - Door Stretch:**

Or try this in a doorway or anywhere you have something solid to hang from.

[Watch video](#)

### **Cat & Cow:**

A yoga staple, keep those vertebrae moving past each other.

[Watch video](#)

## Hip, Glute, IT Band & Hamstring



### **Fascial Stretch – Feet Up Wall:**

Did you know that you have a sheet of fascia from the bottom of your feet, up the back of your legs and back to the top of your head? Yep. And this can get hung up anywhere along that route. Great for calves, hamstrings, lower back.

[Watch video](#)

### **Hip – Lacrosse Ball:**

For all the muscles just below the crest of your hip bones – from front of hip down through your glutes. Try it, you'll LIKE IT.

[Watch video](#)

### **Pigeon Pose:**

Great stretch through hip and glute. I do the Hip-Lacrosse Ball work first, then this.

[Watch video](#)

## Thigh



### **Adductor Stretch:**

Don't let this seemingly simple stretch deceive you. It can be a bit painful at first, but is very effective for inner thighs.

[Watch video](#)

### **Quad – Lacrosse Ball at the Hip:**

Place the ball along the front of the hip, where many of your quad muscles attach. Slowly sink in and feel the relief.

[Watch video](#)

### **Quad Stretch:**

A better quad stretch has you lying on your side.

[Watch video](#)

## Calf & Foot



**Lateral Calf Self Treatment:**  
Outside of your calves tight? IT Band tight? Use your thumbs to loosen up. Just need to know where to start.

[Watch video](#)

**Tib Posterior – Self Treatment:**  
More options for tight calves – the deepest muscle. Helps plantar fasciitis.

[Watch video](#)

**Plantar Stretch (Ball):**  
Get a golf ball sized rubber ball and roll it along the bottom of your feet. Treats plantar fasciitis, tight calves and sore feet.

[Watch video](#)

# Move With Ease From This Day Forward

Schedule a Consultation with Sam Today!

[BOOK AN APPOINTMENT](#)



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