Khoo Teck Puat Hospital
NHG Health

Yishun Community Hospital
NHG Health

Adding Years of Healthy Life

Department of
Rehabilitation Services - Physiotherapy

General Stretches

For all stretches

- Stretch until you feel a tension in the muscle, then hold the position for 10-30 seconds.
- Do not bounce when performing the stretch.
- Breathe normally.
- Stop immediately if you feel sharp pain or discomfort and consult your physiotherapist or doctor.



Calf Stretch

Stand in front of a wall or chair and hold onto it with one foot behind the other.

Allow the front knee to bend as you lean forward.

Keep the back knee extended and heels down on the ground throughout.

Hold the stretch.
Repeat on the other leg.



Front Thigh (Quadriceps) Stretch
Stand holding onto a firm support for balance.

Bend your knee and pull your ankle towards your buttock until you feel a stretch at your front thigh.

Keeping your back straight, ensuring your back if not arched.

Hold the stretch.
Repeat on the other leg.



Assisted Front Thigh (Quadriceps) Stretch
Stand holding onto a chair or firm support for balance.

Using a towel, bend your knee and pull your ankle towards your buttock until you feel a stretch at your front thigh.

Keeping your back straight, ensuring your back if not arched.

Hold the stretch.
Repeat on the other leg.



Seated Back Thigh (Hamstrings) Stretch
Sit at the edge of a chair.
Straighten one leg out with heel resting on the ground.

Lean forward, keeping your trunk upright and knee extended. You should feel a comfortable stretch at the back of the thigh.

Hold the stretch.
Slowly bring yourself back up. Repeat on the other leg.



Buttock (Piriformis) Stretch
Sit on a chair. Cross one leg over the other knee.

Gentle stabilise the knee with your hands and lean your body forward until you feel a comfortable stretch at your buttock/hip area.

Hold the stretch.
Repeat on the other leg.



Upper Back Stretch
Clasp your hands and straighten your arms in front of you.

Reach forward until you feel a gentle stretch in your upper back and back shoulders.

Hold the stretch.

You can do this stretch in standing or sitting.
Tip: If you do not feel a stretch, try holding onto a pole and leaning your body backwards until you feel a gentle stretch in your upper back.



Chest Stretch
Position yourself as shown with both arms by your side, elbows slightly bent. Bring both arms backwards to feel the stretch on the front of your shoulder or chest.

Hold the stretch.



Back Shoulder (Posterior Capsule) Stretch
Bring one arm across your body as shown, pushing your elbow towards the opposite shoulder using the other hand. You should feel a stretch in the back of your shoulder.

Hold the stretch.
Repeat on the other arm.



Triceps Stretch
Keeping your back straight, reach your hand behind your head and over your shoulder as shown. Gently pull your elbow to the opposite shoulder using your other hand.

Hold the stretch.
Repeat on the other arm.

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