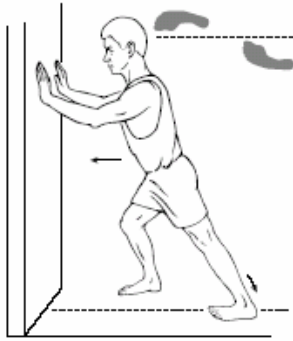


## MGH Sports Medicine General Stretching Exercises Little League



### STRETCH • Gastrocnemius

1. Stand *one* arm length from the wall as shown. Place calf muscle to be stretched behind you as shown.
2. Turn the *toes in* and *heel out* of the leg to be stretched.
3. Lean toward wall leading with your waist, allowing your arms to bend. **Keep your heel on the floor.**
4. First do this exercise with the knee straight, then bend the knee slightly. Keep your heel on the floor at all times.
5. Hold this position for \_\_\_\_\_ seconds.
6. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.



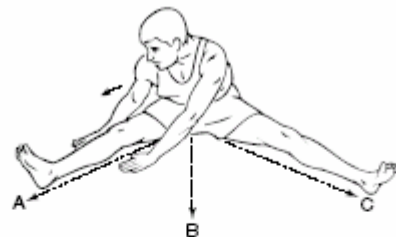
### FLEXIBILITY • Hamstrings

1. Lie on your back with your leg bent and both hands holding on to it behind the thigh as shown.
2. Your hip should be bent to *90 degrees* and the thigh pointing straight at the ceiling.
3. Straighten out your knee as far as you can. Keep your thigh pointing straight toward the ceiling.
4. Keep the other leg flat on the floor.
5. Hold this position for \_\_\_\_\_ seconds.
6. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.



### FLEXIBILITY • Hamstrings, Ballet

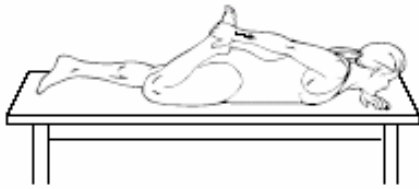
1. Stand and prop the leg you are stretching on a chair, table, or other stable object.
2. Place both hands on the outside of the leg you are stretching.
3. Make sure that your hips/pelvis are also facing the leg you are stretching.
4. Slide your hands down the outside of your leg.
5. Lead with your chest/breast bone. Keep your chest upright and back straight. Do not hunch over at the shoulders. Keep your toes pointing up.
6. You should feel a stretch in the back of your thigh.
7. Hold this position for \_\_\_\_\_ seconds.
8. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.



### FLEXIBILITY • Hamstrings/Adductors, V-Sit

1. Sit on the floor with your legs spread as wide as possible in front of you. Your knees must be straight.
2. Lean over one leg with both hands. Keep your chest upright and reach for your toes. (Position A)
3. Hold this position for \_\_\_\_\_ seconds. Relax and return to your starting position.
4. Now reach forward between your legs. (Position B)
5. Repeat for Position C.
6. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.

**MGH Sports Medicine  
General Stretching Exercises Little League**



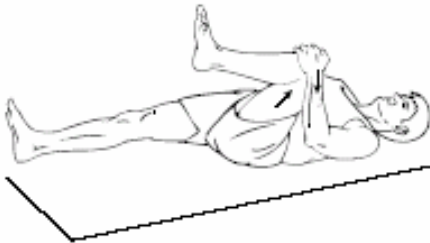
**STRETCH • Quadriceps, Prone**

1. Lie on your stomach as shown.
2. Bend your knee, grasping your toes, foot, or ankle. If you are too "tight" to do this, loop a belt or towel around your ankle and grasp that.
3. Pull your heel toward your buttock until you feel a stretching sensation in the front of your thigh.
4. Keep your knees together.
5. Hold this position for \_\_\_\_\_ seconds.
6. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.



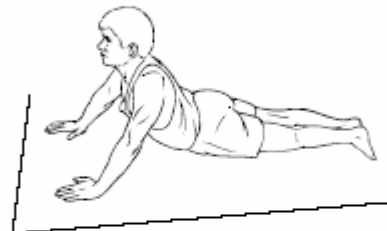
**FLEXIBILITY • Hip Flexors, Lunge**

1. Assume the position shown in the diagram.
2. Lunge forward, leading with your hips. Do not bend forward at the waist. Keep your chest upright.
3. Hold this position for \_\_\_\_\_ seconds.
4. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.



**LUMBAR FLEXION • Single Knee to Chest**

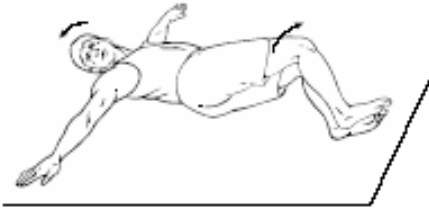
1. Lie on your back with both legs flat on the floor.
2. Bend one hip and knee up toward your chest.
3. Grasp knee with your hand(s) and pull it gently toward your chest.
4. Keep the other leg flat on the floor while doing this exercise.
5. Repeat with the opposite side.
6. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day. Hold each repetition 5 to 10 seconds.



**LUMBAR EXTENSION • Prone Press Ups**

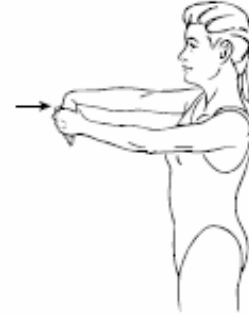
1. Lie on your stomach on the floor as shown in the picture.
2. Place your palms flat on the floor. Push down on your hands, straightening out your arms and putting an arch in your back. Straighten your elbows fully, while keeping your hips on the floor.
3. Return to your starting position.
4. If you are unable to fully straighten your elbows while keeping your back relaxed, place your hands farther in front of you and try again.
5. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day. Hold each repetition 5 to 10 seconds.

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General Stretching Exercises Little League**



**LUMBAR ROTATION**

1. Lie on your back with your hips and knees bent, feet flat on the floor.
2. Keep your arms out at your sides and your shoulders flat on floor.
3. Rotate hips and knees to one side as far as you can while keeping arms and shoulders flat on floor. Hold this position for \_\_\_\_\_ seconds.
4. Reverse position and rotate your hips and knees to the opposite side. Hold this position for \_\_\_\_\_ seconds.
5. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.



**RANGE OF MOTION • Wrist Flexion**

1. Hold your \_\_\_\_\_ wrist as shown with the fingers pointing down toward the floor.
2. Pull down on the wrist until you feel a stretch.
3. Hold this position for \_\_\_\_\_ seconds. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.
4. This exercise should be done with the elbow bent to 90 degrees / straight. (Physician, physical therapist, or athletic trainer should circle one of these.)



**RANGE OF MOTION • Wrist Extension**

1. Hold your \_\_\_\_\_ wrist as shown with the fingers pointing away from the floor.
2. Pull up on the wrist until you feel a stretch.
3. Hold this position for \_\_\_\_\_ seconds.
4. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.
5. This exercise should be done with the elbow bent to 90 degrees / straight. (Physician, physical therapist, or athletic trainer should circle one of these.)



**Pendulum Exercise**

1. Bend over 90 degrees at the waist.
2. Let your arm hang down and completely relax it.
3. Using your body to initiate the motion move your arm forward, backwards and in a circular motion, clockwise and counterclockwise.
4. Repeat 6-8 times in all directions

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General Stretching Exercises Little League



**SHOULDER • Horizontal Adduction**

1. Stand or lie on your back, grasping your elbow as shown in the diagram.
2. Keeping your arm at shoulder height, pull your arm across your chest until you feel a gentle stretch in the back of your shoulder.
3. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day. Hold each repetition 5 to 10 seconds.

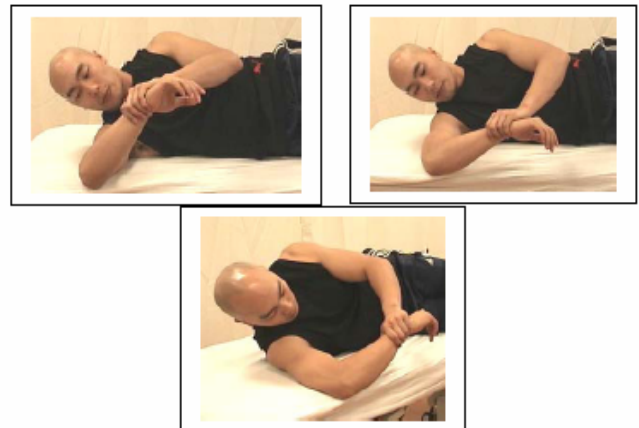


**SHOULDER • Internal Rotation**

1. Place your \_\_\_\_\_ hand behind your back.
2. Drape a towel over your opposite shoulder and grasp it with the hand that is behind your back.
3. Use the towel to gently pull your hand farther up your back until you feel a gentle stretch.
4. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day. Hold each repetition 5 to 10 seconds.

Sidelying internal rotation stretch

Lie on your side with the arm positioned so that the arm is at a right angle to the body and the elbow bent at a 90° angle. Keeping the elbow at a right angle, rotate the arm forward as if to touch the thumb to the table. Apply a gentle stretch with the opposite arm. Hold 10 to 15 seconds.



**The stretching exercise is a very powerful stretch. Please do this stretch gently and cautiously.**