Platinum Health
4172 Lake Michigan Dr. NW Grand Rapids, MI 49534
616-419-4996
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Platinum Health Corrective Exercise Session 1

Wall Angel



Stand flat against a wall. Begin with arms bent at sides (as pictured), then slowly reach arms up over your head until they touch. Then slowly return arms to the starting position, trying to tuck them down into the ribs. Do your best to maintain contact with the wall with your hands, elbows, head, and upper back throughout the entire movement. Perform 10 repetitions of this exercise per day.

Seated Glute Stretch



Sit tall with one ankle placed on top of the opposite knee. Rest your forearm on top of the bent knee and slowly lean forward, bringing the chin down to the shin. Hold the stretch for 30 seconds on each leg. Remember to take deep breaths and relax into the stretch!

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Ballerina Glute Stretch





Begin exercise sitting tall with one ankle placed on the opposite knee. Reach up and over your head towards your ankle, stretching out your glute and flank. To enhance the stretch, place your free hand on the bent knee, and gently press downwards. Hold this stretch for 30 seconds on each side at least 1 time per day!

Seated Piriformis Stretch







Begin by sitting tall with one ankle placed on top of the opposite knee. Reach underneath the bent knee with both hands, forming a cradle. Slowly pull the knee up to the opposite shoulder. To enhance the exercise, you can twist into your knee to create a deeper stretch. Hold this stretch for 30 seconds on each side at least 1 time per day!

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Standing Calf Stretch (Stairs)




Begin exercise standing on stairs. Slowly slide feet backwards until the heels are hanging off of the edge. **Make sure to hang onto the wall or railing for safety!** Allow heels to drift downward, feeling the stretch all the way down the calf muscles. Hold this stretch for 1 minute once per day!

Standing Calf Stretch (Wall)




Begin by standing with one leg placed back, and the other forward in a slight lunge. Then slowly lean forward until hands come into contact with the wall, stretching the calf of the back leg. Make sure to keep both ankles on the ground during the entire exercise! Hold this stretch for 30 seconds on each leg once per day!

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Standing Door Chest Stretch



Stand with one arm on each side of the door frame at a 90 degree angle. Step through the doorway with one foot to begin the stretch, looking upwards as you do. Hold this stretch for 30 seconds at least 1 time per day!

Neck Stretch



Stand tall with fingers interlaced behind your back. Slowly drop one ear to your shoulder, then rotate the head to look upwards ever so slightly. This will create a nice stretch along the side and front of your neck. Hold this position for 10 seconds, then slowly repeat on the opposite side. Repeat this exercise 3 times per side, totalling 60 seconds.

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