

At Home Stretches

The following stretches were provided as a reference to those working remotely from home. These stretches are a collaborative effort with CSUDH EHS, the CSUDH Kinesiology Department, along with the Kinesiology Student Association (KSA).

Back Stretches

Regular stretching can improve flexibility, reduce lower back pain and contribute positively to overall health. Please consult your physician if you have pre-existing conditions prior to performing stretching activities.



Side Reach

Benefit - Promotes better posture by opening your upper body with a hip to shoulder stretch.

Reach over the opposite side of body, while pressing against hip

Hold: 30 Seconds (Both sides)



Downward Dog on Desk

Benefit - Helps eradicate stiffness around the shoulder blades and relieve any tension or arthritic pain in the shoulders.

Place both hands on a flat surface (i.e. a desk). Slowly walk backwards while lightly pressing hands down.

Hold: 30 Seconds



Seated Figure Four

Benefit - Provides a gentle stretch for the glutes and outer thighs and can help relieve pain in the hips and lower back.

Use a chair and place your foot on knee creating the figure four. Slowly lean forward and gently press down on your elevated knee.

Hold: 30 Seconds (Both sides)



Wide Stance Forward Fold

Benefit - Relief from mild backaches, neck, and shoulder tension.

Spread feet wider than shoulders. Lean forward.

Hold: 30 Seconds



Single Leg Hip Hinge Lower

Benefit - The Single leg hip hinge can help strengthen your core, which may lead to reduced back pain, improved balance, and better flexion, extension, and rotation of your trunk.

Place one heel in front of you while toes are pointed up. Slowly bend the back knee and lean forward.

Hold: 30 Seconds (Both sides)



Standing Hip Flexor

Benefit - This stretch can help with tightness in the glutes, lower back or neck

Lunge backwards. Tighten core and glutes. Lower back knee slowly.

Hold: 30 Seconds (Both sides)



Lean the Lats

Benefit - Stretches the side back opening the chest and the diaphragm muscles.

One hand on waist, other hand reaching for the opposite side.

Hold: 30 seconds



Lat Stretch Pt. 2

Benefit - Stretches the side back opening the chest and the diaphragm muscles.

Hold your hands above your head and reach side to side.

Hold: 30 seconds