

## Daily Passive Stretching

Performing a daily stretching routine can be your most effective way to prevent or delay loss of flexibility with Duchenne muscular dystrophy. When performed correctly, daily stretching can delay the onset of muscle stiffness. Ultimately, it is possible to prolong physical ability and independence with a daily stretching routine.

### General Rules of Stretching

- Stretching should not be painful
- Stretches should be held for 60 seconds and repeated
- As the muscle relaxes, increase the pressure
- A daily routine is most effective

## Lower Extremity Stretches



### 1. Hamstring Stretch - Supine

Flex the hip 90 degrees and stabilize at the knee. With other hand, slowly raise the lower leg until stretch is felt in the back of the thigh. Hold for 60 seconds, reposition and repeat for 60 seconds.



### 2. Gastrocnemius Stretch - Supine

While lying on back, place small roll under the knee to avoid hyperextension of the knee. Grasp the heel and pull to stretch the Achilles then flex the foot. Hold for 60 seconds, reposition and repeat for 60 seconds.



### 3. Soleus Stretch - Prone

While lying on stomach, flex knee 90 degrees. Stabilize the lower leg. Grasp the heel and foot and press down to stretch the calf. Hold for 60 seconds, reposition and then repeat 60 seconds.



### 4. Hip Flexor/IT Band Stretch – Prone

Stabilize the pelvis with one hand. Cradle the knee with the other hand. Pull it up then toward the other leg. Hold for 60 seconds, reposition then repeat for 60 seconds.

## Upper Extremity Stretches



### 1. Wrist And Finger Extension

Hold the palm with two hands and slowly extend the wrist. Move one hand towards the fingers continuing to extend the wrist and the fingers. Hold for 60 seconds, reposition and repeat 60 seconds.



### 2. Forearm Supination Stretch

Stabilize elbow at side of body. Bend elbow 90 degrees. Hold above the wrist and turn the arm to palm up position. Hold for 60 seconds, reposition then repeat for 60 seconds.