

STRETCHING



**MOVE
AGAINST
CANCER.**

Why is stretching important?

- Reduces stiffness from inactivity, surgery or treatment
- Increases flexibility of the muscles and mobility around joints
- Supports circulation and lymph flow
- Eases joints
- Helps posture and imbalances
- Promotes relaxation and stress/anxiety relief
- Improves feelings of all-round well-being
- Allows you to take GENTLE movement time for yourself

Always check with your clinical team before starting any new type of physical activity to ensure it's safe and appropriate for your individual situation, especially if you have had surgery, lymph node removal or are at risk of lymphedema. ☆



Some ideas: (See video in 'resources' on MOVE website)

- Standing/seated/lying hamstrings
- Standing/seated calves
- Standing/seated wall slide
- Chest opener using the wall
- Arm circles alongside the wall
- Standing/seated/lying on tummy back extension
- Seated twist on floor/chair
- Standing/lying quads
- Standing/seated/lying ankle and wrist circles
- Standing/seated/lying arm across the body targeting shoulder and upper back
- Standing/seated neck rolls



Hints and Tips:

- Always listen to your body - there should be no pain, especially sharp or intense, some mild discomfort can be normal.
- Be gentle, start slowly, you can increase intensity and duration over time if you would like - consistency is more important than how far you go! Focus on how it feels.
- Start by trying each stretch for 10-30 seconds as a GUIDE, repeat if you'd like to and you feel good.
- Avoid bouncing and big, dynamic movements - stay controlled.
- The best time of day to try is the time of day that you feel best and can fit it in!
- Always hydrate well around any physical activity.
- Take deep breaths and focus on the muscle being stretched - no breath holding!
- Remember it's supposed to feel good and promote relaxation!

Any questions or anything we might need to adapt for you please don't hesitate to send an email to Anna at annalouise.powell@movecharity.org

