

Stretching & mobility (back, neck, hips)

What it is

Gentle stretching may help tight muscles relax and help you move more easily. Doing it often may help more. Stretch to mild tension, never to pain.

Check with your provider before starting, especially if you have a heart or lung condition, recent surgery, osteoporosis, or are pregnant.

Stretch to mild tension, never pain



It may help with

- Low Back Pain
- Neck Pain
- Sciatica
- Facet Syndrome

Self-care tips

- Warm up first with a few minutes of walking.
- Stretch to mild tension, never to pain. Do not bounce.
- Breathe slowly; holding your breath tightens muscles.
- Most stretches are held 20 to 30 seconds.

How to start

Knee rolls: 8–10 each side, slowly

Knee-to-chest: Hold 20–30 seconds, 2–3 times each side

Hamstring stretch with a strap: Hold 20–30 seconds, 2–3 times each side

Half-kneeling hip flexor stretch: Hold 20–30 seconds each side

When to call us

- Sharp pain that is worse during or after the activity and does not settle in a day or two
- New weakness, numbness or tingling in a leg or arm
- Fever, weight loss you cannot explain, or pain after a fall

Call 911 for chest pain, shortness of breath, fainting, or loss of bladder or bowel control.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/holistic-care/stretching-mobility/



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This handout is general information and is not a substitute for medical advice.