



## Daily Stretching and Toning Movements

Performing controlled stretches and toning movements can be an essential way to stay strong and healthy, which can be especially useful for people who sit for prolonged periods of time.

**Here are some suggested stretches and toning movements you can do throughout the day- even while you're at work!**

**Neck Stretch**



Sit on a chair with your feet flat on the floor. Place your left hand on the top of your head and then slowly tilt your head to the left. You can apply gentle pressure with your hand to increase the stretch. Hold for 30 sec. and then switch sides.

**Squat**



While standing and holding on to a chair or other form of support, bend your knees and lower your body toward the floor with your feet shoulder width apart. Hold for 2 sec. and repeat 10 times.

**Shoulder Rolls**



While sitting, move your shoulders in a backward circular motion- up, back, and down. Don't roll your shoulders forward. Repeat 10 times.

**Hamstring Curls**



While standing and holding on to a chair or other form of support, bend your knee and bring your heel towards your buttocks. Hold for 2 sec. and repeat 10 times. Switch sides.

**Lateral Trunk Stretch**



While sitting, raise your arm and bend to the opposite side for a stretch. Hold for 30 sec. and repeat 3 times. Switch sides.

**Peroneal Stretch/Toning Movement**



While standing, gently roll onto the outside of your feet and walk around for 10 sec., initially. Try to work up to 60 sec., eventually. The peroneal tendons run along the outside of the ankle and are crucial for strength and support, especially for runners, dancers, and athletes. This stretch will help with flexibility and strength and can help prevent ankle sprains by connecting you with your body.

**Quad Stretch**



While standing and holding on to a chair or other form of support, bend your knee back behind you and hold your ankle or foot. Gently pull your knee in closer to your body for a deeper stretch. Hold for 30 sec. and repeat 3 times. Switch sides.

**Ankle Circles**



While sitting, extend your right leg, keeping your knee straight. Move your right foot in a circular motion clockwise 10 times (work up to 20), rest your leg for 5 sec., and then raise it again and move your foot counterclockwise the same number of reps. Switch legs. Try to do this 3-4 times per day. This will help strengthen the muscles in and around your ankle.

**Hamstring Stretch**



While sitting, place your heel on the floor, keeping your leg and knee straight. Gently lean forward until you feel the stretch behind your knee or thigh. Hold for 30 sec. and repeat 3 times. Switch sides.

**Write the Alphabet**



While sitting, extend your right leg and using your big toe as the "pen," write the alphabet in all capital letters first, then repeat with lower case letters. Switch feet and repeat. This is a challenging strength exercise for your ankles.

**Wall Push-ups**



**T-Sitting**



While sitting up straight, place your arms at your side with your palms up. Raise your arms straight out to your sides keeping your palms up to form a T-shape. Pull your shoulder blades together while pulling your arms back. Hold for 3 sec. and relax your arms to neutral. Repeat 2-3 times.

**Corner Wall Stretch**



**Heel Raises**

Place the balls of your feet on a block, step or book. Lower your heels slowly and hold for 5 sec., then raise your heels as high as you can and hold for 3 sec. Repeat 5-10 times.



**Inward/Outward Heel Raises**

Complete the same heel raise exercise with your toes pointed toward each other, then with your toes pointed away from each other.



\*Stretches/Toning Movements adapted from Shape and Prevention Magazines and Footsmart.

## *The Foundations of MRMT*

### **M.T. WELLNESS CLINIC, INC.**

1151 Bethel Rd.  
Suite 302

Columbus, OH  
43220

Phone:  
(614) 273-0810

Fax:  
(614) 273-0173

E-Mail:  
[info@mtwellness  
clinic.com](mailto:info@mtwellnessclinic.com)



MRMT provides individualized treatment that is assessment-based and incorporates education, self-care, and treatment modalities that allow individuals to participate in their own care thereby reducing the burden on the health care system while minimizing or eliminating costs associated with pain and other medication. The foundations of the discipline are:

- Using Passive Pain Management techniques to reduce pain and Active Restorative Function techniques to restore physical function both of which impact nervous, musculoskeletal, and vascular systems;
- Knowledge and awareness of physiological effects of specific manual and massage modalities, including structural and postural, neuromuscular, myofascial, and integrated approaches;
- An in-depth understanding of human physiology and psyche;
- Reliance on and routine use of a medical model (a set of procedures in which a medical discipline is performed).

The medical model in which the MRMT discipline functions has **FIVE** basic components:

- ✓ Assessing each patient's condition with an emphasis on identifying specific musculoskeletal dysfunctions;
- ✓ Developing a personalized, written Plan of Care;
- ✓ Executing the Plan of Care, including ongoing patient education with the goal of preventing behavior-based injuries and improving maintenance of the results (MRMT Plan of Care- the 5 R's: reconnect mind and body; reduce pain; replenish connective tissues, rebalance and restore physical function);
- ✓ Maintaining records and charts to monitor progress versus Plan of Care; and
- ✓ Collaborating and communicating with physicians and other medical professionals working on each patient's health care team.

## **We are here for you!**