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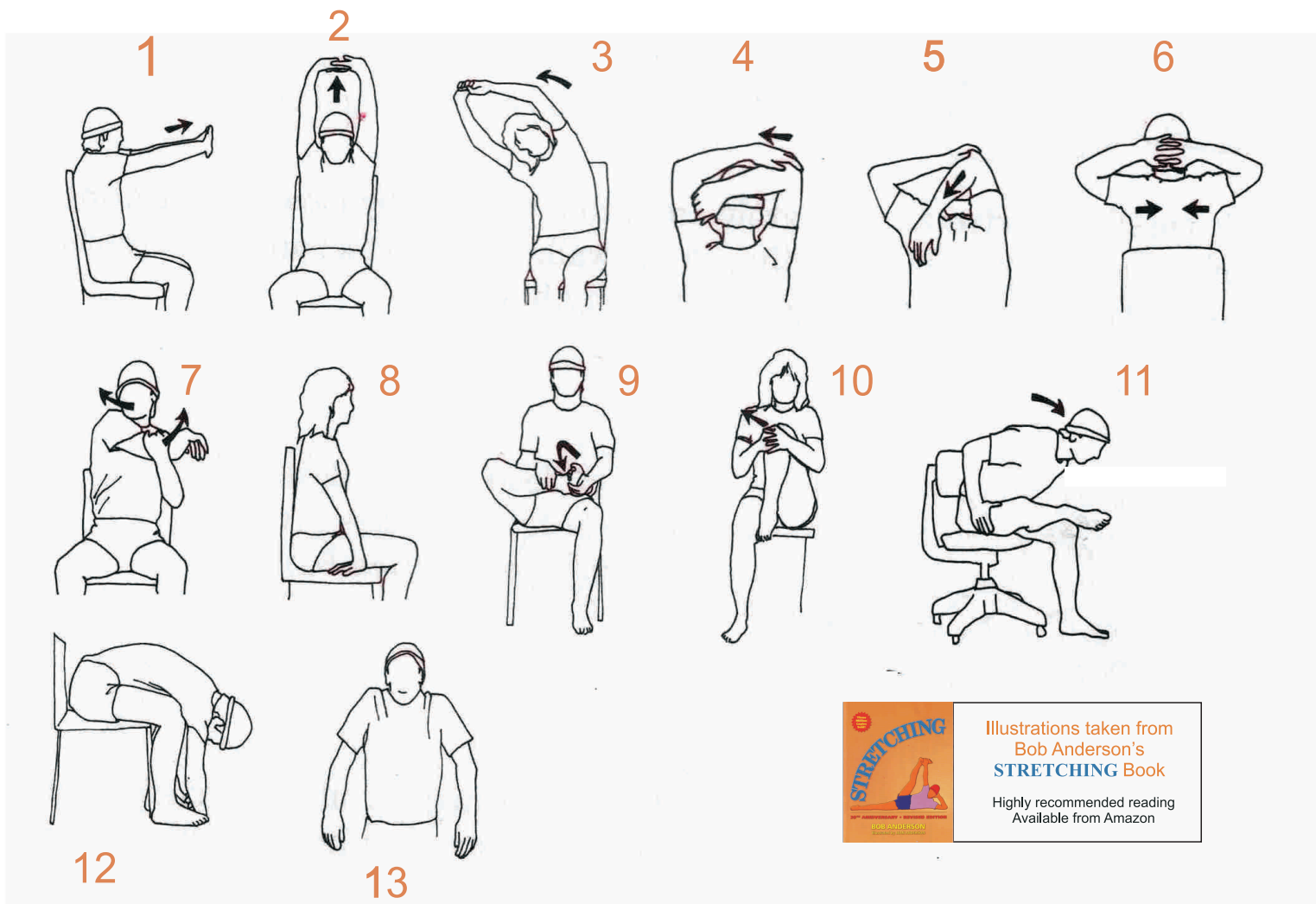
Wimbledon Osteopathy

Vispi Jamooji & Associates

PAIN • SPORTS • CHILDREN • CRANIAL

If any of these exercises cause pain or make you feel unwell, stop and seek professional advice. These exercises are intended as part of your personalised self care regime. Please consult your practitioner before trying these stretches

Sitting Exercises (for the Office)



Tips for Good Stretches -

Try and sense what tissues are being stretched. Try to imagine what you are doing. It will make it more effective and less likely to cause damage. When stretching, don't try to create new length in your muscles, but more so try to return stiff muscles to their "normal" length.

Perform each stretch slowly.

Breathe out as you stretch

Hold for a count of 3 at the end

Perform stretches in the order shown

Repeat on both limbs where applicable

For leg and hip stretches count 5 seconds