

Why You Should Stretch After(or during) Your Hike

- **Reduce Stiffness** – Lactic acid builds up during exercise, leaving your muscles feeling fatigued and sore. Stretching after your hike will help to reduce muscle soreness.
- **Reduces Lower Back Pain** – Stretching your hamstrings and hip flexors can help to alleviate any lower back pain you may have.
- **Increases Flexibility** – Stretching on a regular basis will help you to improve your overall flexibility, increasing your range of motion.
- **Reduces the Risk of Injury** – Stretching will help to increase your range of motion and decreases tension in your muscles, reducing the risk of injury.

GUIDELINES FOR STRETCHING

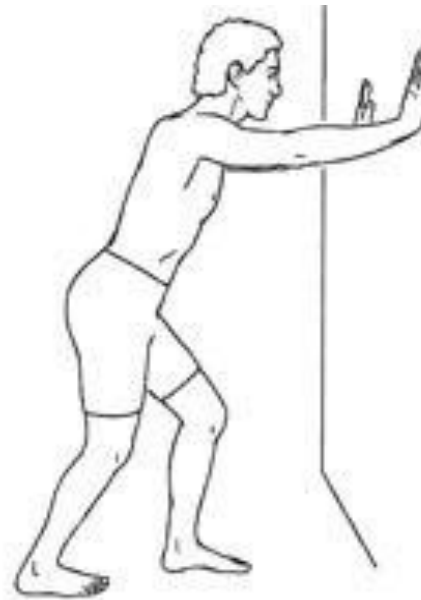
- Best when muscles are warmed up
- Static hold
- Hold stretch 20-30 seconds
- Create tension NOT pain
- Breathe
- Maintain proper alignment

CALF STRETCHES



Gastroc Stretch

Fig 1

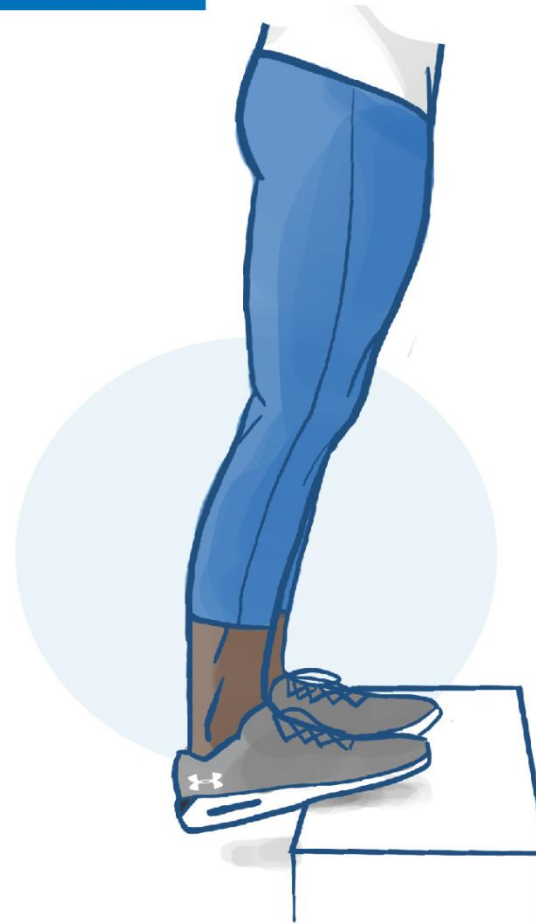


Soleus Stretch

CALF STRETCHES

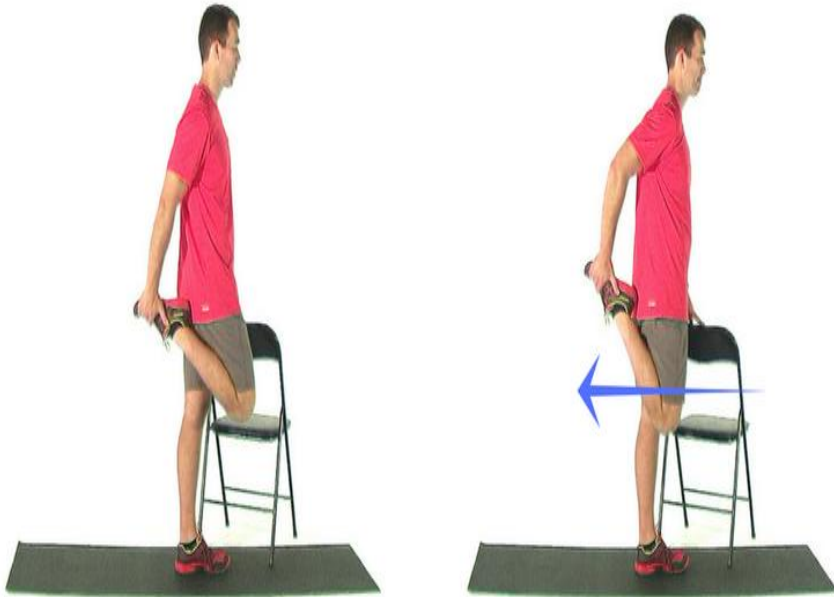
STAIRCASE STRETCH

Stand on a step with the back of your feet hanging down, below your toes. Relax your feet and slowly rise on your toes then lower, with the bulk of the movement coming from when your heel is lower than the step. The lower you go, the deeper the stretch, but be careful to not overdo it.



QUADRICEPS STRETCH

- Bring thigh parallel to standing leg
- Tighten seat muscles
- Kneecap aiming to the ground
- No arching in low back



HAMSTRINGS STRETCH



- Keep spine straight
- Push hips back
- Place both hands on supporting leg
- Minimal weight on extended heel
- Pull toes upward

HIP FLEXOR STRETCH



- Begin in a lunge posture
- Maintain vertical spine
- Hands on thigh
- Front knee aligned over foot(not beyond)
- Back heel lifted
- Back knee bent

CHEST/SHOULDER STRETCH



- Begin with hands clasped on tail bone
- Keep shoulders down
- Lift hands away from tail bone
- Avoid arching lowback