

MATHEW LEFKOWITZ, MD

PAIN MANAGEMENT

185 Montague Street, 6th floor / Brooklyn, NY 11201

Tel: 718-625-4244 / Fax: 718-625-4247

mathewlefkowitz@gmail.com

Instructions for personalized exercise routine:

Stretching exercises should only be performed after a thorough warm up is conducted. A thorough warm up should consist of light physical activity, for example walking in place, for approximately 10 minutes. A thorough warm up will prepare your muscles for the following stretching exercises by increasing blood flow, which in-turn increases the delivery of oxygen and nutrients to the working muscles.

Perform each stretch gently and slowly—avoiding any bouncing or jerky movements. Stretch only to the point where you can feel tension in the muscle group and never stretch to the point of pain or discomfort. Breathe slowly and deeply while performing each stretch.

After reading the description and viewing the accompanying picture on the next pages move your body into the stretch position and hold each stretch for 30 seconds. Relax for 10 to 15 seconds between each stretch. Stretches should be done on both sides. Perform the exercises for 10 minutes in the morning and 10 minutes in the evening.

Call the office (718-625-4244) with any questions regarding the exercises.

If the stretches produce pain or discomfort, STOP performing exercises.

Stretch #L06

Ankle Rotation Stretch, is for the muscles of the Ankles & Feet

Raise one foot off the ground and slowly rotate your foot and ankle in all directions.



Stretch #L05

Squatting Toe Stretch, is for the muscles of the Ankles & Feet

Kneel on one foot with your hands on the ground. Place your body weight over your knee and slowly move your knee forward. Keep your toes on the ground and arch your foot.



Stretch #J03

Single Heel-drop Calf Stretch, is for the muscles of the Upper Calves

Stand on a raised object or step. Put the toes of one foot on the edge of the step and keep your leg straight. Let your heel drop towards the ground.



Stretch #K03

Standing Heel-back Achilles Stretch, is for the muscles of the Lower Calves

Stand upright and take one big step backwards. Bend your back leg and push your heel towards the ground.



Stretch #K05

Sitting Toe-pull Achilles Stretch, is for the muscles of the Lower Calves

Sit with your legs out in front and bend both knees. Grab hold of your toes and pull them towards your knees.



Stretch #J04

Double Heel-drop Calf Stretch, is for the muscles of the Upper Calves

Stand on a raised object or step. Put the toes of both of your feet on the edge of the step and keep your legs straight. Let your heels drop towards the ground and lean forward.



Stretch #L02

Front Cross-over Shin Stretch, is for the muscles of the Shins

Stand upright and place the top of your toes on the ground in front of your other foot. Slowly bend your other leg to force your ankle to the ground.



Stretch #K04

Leaning Heel-back Achilles Stretch, is for the muscles of the Lower Calves

Stand upright while leaning against a wall and place one foot behind the other. Make sure that both toes are facing forward and your heel is on the ground. Bend your back leg and lean towards the wall.



Stretch #L01

Foot Behind Shin Stretch, is for the muscles of the Shins

Stand upright and place the top of your toes on the ground behind you. Push your ankle to the ground.



Stretch #K01

Standing Toe-up Achilles Stretch, is for the muscles of the Lower Calves

Stand upright and place your toes against a step or raised object. Bend your leg and lean towards your toes.



Stretch #L03

Raised Foot Shin Stretch, is for the muscles of the Shins

Stand with your back to a chair. Place the top of your toes onto the chair and then push your ankle downwards.



Stretch #K02

Single Heel-drop Achilles Stretch, is for the muscles of the Lower Calves

Stand on a raised object or step and place the toes of one of your feet on the edge of the step. Bend your leg and let your heel drop towards the ground.

