

Appendix B: Cardiac Rehab Program Stretches

Neck Side Bend

Sets: 1 | Reps: 2 - 4 | Hold: 15 - 30 sec

Preparation:

- Sit or stand with good posture

Execution:

- Slowly lower your left ear to your left shoulder as far as you comfortably can
- Raise your head up, then lower your right ear to your right shoulder as far as you comfortably can
- That completes 1 rep



Start Position



Bend neck left,
gently push
your shoulders
down as your
neck is bent



Bend neck right

Shoulder Stretch

Sets: 1 | Reps: 2 - 4 | Hold: 15 - 30 sec

Preparation:

- Sit or stand with good posture

Execution:

- Reach across your chest
- Use your other arm to pull a little bit further
- Relax and repeat on the other side
- That completes 1 rep



Start Position



Pull arm across chest

Shoulder Circles

Sets: 1 | Reps: 15

Preparation:

- Sit or stand with good posture

Execution:

- Roll your shoulders in wide, lazy circles, keeping your arms relaxed
- To make a shoulder circle - move your shoulders back, up, forward, and down in one smooth motion
- That completes 1 rep



Make shoulder
circles - Back



Up



Forward



Down

Shoulder Blade Squeeze

Sets: 1 | Reps: 10 | Hold: 1 - 2 sec

Preparation:

- Sit or stand with good posture
- Shoulders relaxed

Execution:

- Squeeze your shoulder blades together
- Don't hunch your shoulders
- Hold for 1 or 2 sec then relax
- That completes 1 rep



Start position



Squeeze your shoulder blades together

Standing Side Bend

Sets: 1 | Reps: 2 - 4 | Hold: 15 - 30 sec

Preparation:

- Stand with good posture

Execution:

- Bend to the side in a very controlled manner, sliding your arm down your thigh reaching for your knee
- Return to the start position
- Repeat on the other side
- That completes 1 rep



Good posture



Bend to the side



Reach for your knee

Calf Stretch (Wall)

Sets: 1 | Reps: 2 - 4 | Hold: 15 - 30 sec

Preparation:

- Stand in front of a wall or chair with one leg forward and one leg back

Execution:

- Keep your back leg straight, heel on the ground, and toes facing forward
- Lean forward bending your front knee
- Relax and repeat on the other side
- That completes 1 rep



Eyes and head forward, hands relaxed on wall, belly button pulled in



Bend elbows to move closer to the wall to stretch the back leg, keep front knee behind toes

Hamstring Stretch

Sets: 1 | Reps: 2 - 4 | Hold: 15 - 30 sec

Preparation:

- Sit on the edge of a chair

Execution:

- Put one leg out front
- Keep your knee locked with your toes pointed up toward the ceiling
- Keeping your back straight, lean forward thinking about moving your chest toward your toes
- Relax and repeat on the other side
- That completes 1 rep



Eyes and head forward, hands resting on thigh, toes toward the ceiling



Hinge at hips to feel stretch in the back of the thigh

Quadriceps Stretch (Chair + Wall)

Sets: 1 | Reps: 2 - 4 | Hold: 15 - 30 sec

Preparation:

- Stand in front of a wall with your toes resting on the edge of a chair

Execution:

- Push your hips forward to feel a stretch in the front of your thigh
- Bend your front knee to feel a deeper stretch
- Relax and repeat on the other side
- That completes 1 rep



Eyes and head forward, slight bend in standing leg, foot resting on chair



Bend front knee to feel a deeper stretch