

Stretches for Quilters - Twilight Quilters' Guild - March 2019

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A general cue to be included is that nothing listed should illicit pain. There is a difference between tension and pain. If there is injury in the past, or repairs have been done to joints etc-modifications might be necessary. Breath is the magic ingredient of yoga, so please remember to breathe. ENJOY!!



1. Seated forward fold: Sitting with feet slightly wider than hip distance apart, sitting tall, reach arms overhead as you breathe in deeply. As you exhale, fold forward and allow the top of your body to drape between your legs. Take a few deep breaths and slowly come all the way back up to seated.



2. Seated Cat/Cow: Sitting tall in a sturdy chair with feet hip distance apart, toes straight a head. As you inhale, extend the spine, lifting the chest, sternum and chin (Image A). As you exhale, round the spine and press the breath out (Image B). This is gentle and fluid movement with the breath. It encourages the primary mechanics of the spine and encourages postural support.



Seated hip stretches: Sitting tall, bring the right ankle to rest on the left knee. If there is little stretch at this point, begin to lengthen forward (not slouch) and the tension in the hip will increase.



Seated Hip Flexor Stretch: Turn body to one side of the chair and allow the leg furthest from the seat to bend, this will illicit a stretch to that hip flexor. For support, hold the back of the chair with the arms.



Seated crescent moon: Sitting tall in a sturdy chair, with feet hip distance apart and toes straight ahead (not duck feet), reach the right arm over head and slightly lean to the left to create a stretch on the right side of the body. Once any tension/sensation is located, stay there for a few deep breaths and return back to centre. Repeat this on the left side of the body. If while the arm is overhead there is any tingling/sharp pains, bend the elbow or place the hand behind the head rather than reaching.



Seated twist: Sit tall, bring right hand to left knee, left hand to the back of the chair. As you breathe, you can follow the exhale through rotation. This should not be forceful and should feel good. Repeat on both sides.

Softening neck stretches: To be done gently. Sitting tall, allow the right ear to drop to the right shoulder passively, then rotate the neck slightly to look at the front of the shoulder. This will illicit a stretch on the left side of the neck. Take a couple breaths, slowly lift the head, rotate back to centre and repeat on the other side of the neck.



“EAGLE” shoulders: Sitting tall, roll shoulders up and down, doing a couple circles both directions. Draw the shoulders away from the ears and together along the spine. Reach arms forward and cross the right arm underneath the left. Hug shoulders together and reach hands up as if you were going to touch palms. This can be done with a rhythmic motion. Breathing in, reach for palms and lift elbows off the chest, breathing out, relax elbows and release palms back to shoulders.



How to stretch through the hands:
Rather than using words to explain, this link will take you to a great succinct video that will walk you through some of the wonderful ways we worked to keep your hands moving.

https://youtu.be/bNRLiE_d3xw

If you began to do this 3-5 times a week, I can almost guarantee that you will see marked improvement. You will need to be diligent and consistent. I wish you all the very best and most comfortable quilting experience!