



Stretching exercises

Equipment

1		8	
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Procedure

0	Steps/Practice Before Referral Introduce yourself to the patient. Check the patient's first and last name.
1	Notify the benefits of the procedure To treat tight or tense muscles and prevent recurrence.
2	practical steps The position of the patient depends on which bundle to stretch. Slowly exert pressure on the muscles to stretch until they feel tight, without pain. Fifth, pull quickly or quickly, hold for 10 seconds or more, counting out loud.
3	Determine the number of repetitions, frequency and text. Do it in conjunction with stretching. Do it at least twice a day, preferably every day. The hot towel should be placed before or while stretching. Breathe in normally while doing it. Do not force or suppress
4	tells the prohibition to be careful Acute injuries, inflammation, joint mobility suspected fracture a lot of pain
5	Ask the patient to review his or her posture and ask questions from the patient.
6	Precautions/Potential Dangers Be aware of the patient's posture that may cause more harm than benefit. such as sitting with a shoulder or hunchback Beware of stretching Beware of side effects from hot towel paste, recommend not more than 20 minutes per time.

