

Dancer's Stretching Guide



Quadriceps and Hip Flexors

(Rectus Femoris, Psoas and Iliacus)

Kneel, bring the body upright and bend your knee out in front to 90 degrees. Then bend your other knee holding onto your ankle and pull your shin is vertical.



Gluteus medius, minimus and TFL

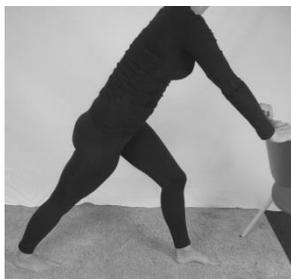
Keep hips facing forward, knee and ankle flexed to 90 degrees, keep weight through your arms and gently lower into the stretch



Groin

(Adductors)

Sitting on the floor with knees turned outwards and feet together, use your elbows to push your knees to the floor. Keep back upright.



Calves

(Gastrocnemius and Soleus)

Find a step. Position your foot so the pads of your feet are on the step. Allow your heel to drop below the step to feel a stretch and hold, then slowly bend your knees and hold

Hamstrings

Sitting against a wall with your hips touching the wall.
First dip the chin to the chest and hold for 1 minute
Second, reach your chest to your thighs and hold for 1 minute

Adductors

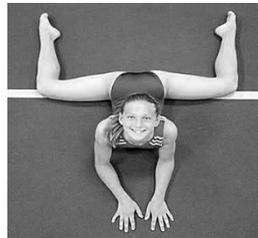
Straddle stretch can be done with heat packs on each thigh to increase the stretch

How to achieve...

Right/Left leg split



Middle split



Heat pack

Increasing my pointe



Back flexibility



When trying to increase your split, always remember to:

- 1. Breathe to get deeper into the split**
- 2. Maintain an upright posture and arch back to increase split**
- 3. Use supports to assist with easing your way into the split**
- 4. Ask someone to assist by pushing you slowly and gently down into the splits**
- 5. EASE YOUR WAY INTO THE SPLIT—do not jump straight down into it**