Welcome to your Diva Dance Australia Stretch Band

This band is a revolutionary replacement, or welcome addition to static stretching devices. The band serves as a guide to and supports classic static stretches and also allows for the introduction of more effective dynamic stretches.

Your enclosed Diva Dance Australia Stretch Strap helps you as a dancer, gymnast, athlete of physical rehabilitation patient to improve flexibility and your range of motion. Be it as a training or rehabilitation tool, the Diva Stretch Band and attached exercises when used together will be useful in maintaining good musculoskeletal health or, as part of your daily fitness or dancing exercise routines.

General Instructions

The Diva Dance Australia Stretch Strap features a series of numbered marks from 1 to 8 on each of the loops. As your flexibility and range of motion improves, the numbered marks will provide you, or your exercise supervisor with immediate visual feedback on your progress. Additionally, these marks can be useful for exercise supervisors or physical practitioners to provide the user with clear and accurate instructions. The numbers can also be used to set goals and guidelines for a user so that you are not pushed too far too fast.
There are 3 Phases to Each Exercise

Make sure you breathe in as you contract the muscle and breathe out as you relax and stretch

# Use the Numbered marks as required #

# Also Use the numbering System to Demonstrate Progression #

1 - Start Phase
- Begin with moderate tension on the Stretch Strap

2 - Contract Phase
- Ensure sufficient elasticity in the strap to support the required resistance required during muscle contraction
- Your muscle should be at resting length (mid-range), or even slightly elongated
- Contract the muscle through the range of motion. Alternately you may also hold a static contraction for 3 to 5 seconds

3 - Stretch Phase
- Ensure sufficient tension on the Diva Stretch Strap to elongate the muscle
- Hold the stretch for at least 10 seconds
- Repeat 5 times unless advised differently by your physical therapist or training supervisor
Precautions

- The Diva Dance Australia Stretch Strap should only be used for its intended purpose, it is NOT a toy and should be used with adult supervision
- Before beginning any type of physical training or exercise routine, it is recommended you consult your GP or other health care provider
- If you have any doubts regarding the use of this stretch strap or the associated exercises on a child, consult your GP for advise
- You should thoroughly check your Diva Dance Australia Stretch Strap prior to any exercise session or routine for defects, cuts or wear. You should not continue us of replace any damaged Stretch Strap immediately

# CONSULT YOUR GP OR HEALTH CARE PROVIDER IF YOU EXPERIENCE PAIN WHILE PERFORMING YOUR STRETCHES #

# ENSURE A FIRM GRASP ON THE STRAP OR LOOPS OF THE STRAP WHILST EXERCISING TO PREVENT THEM FROM SLIPPING FROM YOUR HANDS DURING USE #
1. **Upper Trapezius**

   **Start:**
   
   Begin in a standing position and secure the middle of the strap to your foot. Grasp the other end, keeping your elbow straight by your side. Ensure you have your head turned towards the side that you are stretching.

   **Contract:**
   
   Shrug your shoulder upward, keeping your elbow straight. Hold for a few seconds.

   **Stretch:**
   
   Breathe out as you slowly relax your shoulder back down to a natural stance and gently pull your head away from your shoulder to stretch your Trapezius.
2. Internal Rotation – Shoulder/Triceps

Start:

Using the arm you wish to stretch, grasp the strap behind your back; just above your buttocks. Using your other arm, grasp the strap above your head.

Contract:

Keeping your upper arm in the same position, pull down on the strap with your lower arm to extend your elbow.

Stretch:

Breathe out as you pull upwards with your upper arm and at the same time allow the lower arm’s elbow to bend. This will stretch your shoulder and triceps.
3. Shoulder External Rotation

Start:

Secure one end of the strap under a table or bed in line with your head. Begin by lying on your back, arm extended, shoulder placed on the table/bed and your elbow flexed to an angle of $90^\circ$. Use a small towel roll to support your upper arm whilst grasping the strap.

Contract:

Pull your hand upward against the strap, rotating your arm. Keep your shoulder on the table/bed and elbow bent at $90^\circ$.

Stretch:

Breathe out as you allow the strap to pull your shoulder into the external rotation. This exercise will stretch out the front of your shoulder.
4. Toe Stretch

**Start:**

Sit with your leg and back straight. Place your big toe in the centre loop whilst grasping both ends of the strap.

**Contract:**

Push your big toe down against the strap whilst maintaining your hand position.

**Stretch:**

Using your hands, pull both ends of the strap towards you while at the same time stretching the bottom of your foot and big toe.
5. Gastrocnemius

Start:

Sit with your knees extended and back straight. Place your foot into the middle loop of the strap and grasp both ends of the strap at your waist.

Contract:

Push your foot down against the strap making sure your knee stays straight. Maintain your hand position.

Stretch:

Breathe out as you pull the straps up towards you stretching out your calf muscle.
6. Soleus

Start:

Sit with your knees slightly bent and back straight. Place your foot into the middle loop of the strap and grasp both ends at your waist.

Contract:

Push your foot down against the strap making sure you keep your knee bent. Maintain hand position.

Stretch:

Breathe out as you pull the strap up towards your body. This will stretch the deeper portion of your calf muscle.
7. IT Band

Start:

Begin by lying on your side with the side to be stretched closest to the ground. Then, place your foot into one end loop whilst grasping the other end loop near your trunk. Lift your leg 15-30cm off the floor, just in front of your body.

Contract:

Whilst maintaining a straight knee, push your leg downwards toward the floor against the resistance of the strap. Ensure you maintain your hand position.

Stretch:

Breathe out as you pull the strap toward your head, lifting your leg simultaneously. Ensure you keep your knee straight to stretch the outside of your leg.
8. **Hip Flexors**

**Start:**
Commence by lying on your side opposite to the leg you wish to stretch. Ensure your knee is bent. Place your foot in the strap, grasp the other end over your shoulder in front of your body.

**Contract:**
With your knee locked, pull your hip and thigh forwards against the strap. Maintain your hand position.

**Stretch:**
Breathe out as you pull the strap over your shoulder. Bring your hip backwards behind your body to stretch the front of your hip.
9. Quadriceps

**Start:**

Begin by lying in the prone position with one end of the strap secured to your foot and knee bent. Grasp the opposite end in your hand over your shoulder.

**Contract:**

Push your foot against the strap and extend your knee. Maintain your hand position.

**Stretch:**

Breathe out as you pull the strap over your shoulder. Stretch out your thigh as you bend your knee and allow that knee to bend.
10. Lateral Rotator Group

Start:
Commence this stretch lying on your back, one leg straight, the other with hip and knee net to 90°. Secure your foot into a strap loop and then grasp the ends near your knee.

Contract:
Rotate your leg outward, push against the strap and ensure you maintain hand position. Keep your thigh upright and lower leg parallel to the ground.

Stretch:
Breathe out as you pull the strap towards your opposite shoulder. Stretch your hip.
11. Piriformis

Start:

Commence by lying on your back with opposite knee bent. Place your foot to be stretched on the opposite thigh and then place the middle of the strap around your knee. Grasp both ends together with your opposite hand.

Contract:

Push your knee away from your body with pressure on the strap whilst not moving your hand. Keep your foot on the opposite thigh.

Stretch:

Breathe out as you pull the strap towards the opposite shoulder. This will stretch your hip.
12. Lower Back and Glute

Start:
Commence by lying on your back, hip and knee bent to 90°. Place the middle of the strap around the back of your knee and grasp both ends of the strap.

Contract:
Push your knee away from your body and extend your hip against the strap. Maintain hand position.

Stretch:
Breathe out as you pull the strap and knee towards your head. This will stretch your lower back and hip.
13. Hamstring

Start:

Commence by lying on your back with one knee bent. Place the opposite foot into a loop at the end of the strap and grasp the other end in your hands at your body.

Contract:

Ensuring your knee is straight, push downwards with your leg and extend your hip against the strap.

Stretch:

Breathe out as you pull the strap and leg towards your head. This will stretch your posterior thigh.
Diva Dance Australia Stretch Strap
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Model:
Olivia Knapton

Photography:
Savo Stankovich

Reminder:
All exercises in this booklet are provided as a guide only. Diva Dance Australia strongly recommends you consult a GP or Physical Therapist before commencing any physical training or exercise routine.