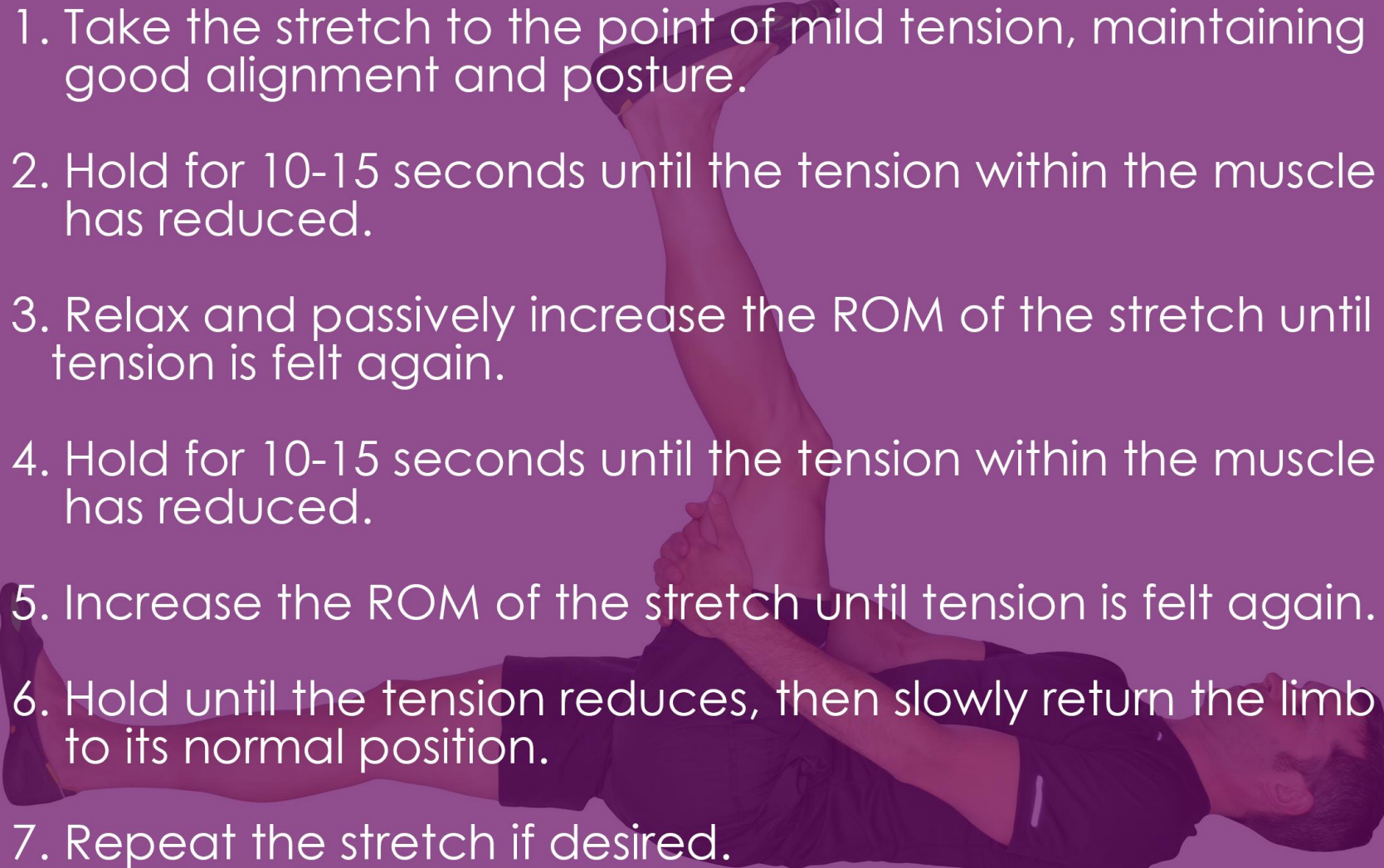


## Teaching guidelines for developmental stretching

1. Take the stretch to the point of mild tension, maintaining good alignment and posture.
  2. Hold for 10-15 seconds until the tension within the muscle has reduced.
  3. Relax and passively increase the ROM of the stretch until tension is felt again.
  4. Hold for 10-15 seconds until the tension within the muscle has reduced.
  5. Increase the ROM of the stretch until tension is felt again.
  6. Hold until the tension reduces, then slowly return the limb to its normal position.
  7. Repeat the stretch if desired.
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- A person is lying on their back on a purple mat, performing a hamstring stretch. They are pulling their right leg up towards their chest, with their hands clasped around the knee. The background is a solid purple color.