

MG-Friendly Stretching Routine

Let's get moving!

Vanetta,* a personal trainer who lives with myasthenia gravis (MG), designed a quick, MG-friendly stretching routine that can generally be done in a matter of minutes.

Be sure to check in with your healthcare team before starting any exercise or stretching routine.

This routine will cover different options for certain stretches because MG can affect people differently. As always when it comes to exercise, go at your own pace, listen to your body and do what feels right for you.



STRETCH 1:

Neck rotations

1. Start by standing or sitting with your arms by your side.
2. Place your right hand on your left shoulder and then slowly let your ear tip down toward your right shoulder.
3. To stretch the back of your neck, start to look down toward your feet if you are standing, or toward your lap if you are sitting. You can deepen the stretch by slowly moving your head from side to side.
4. When you feel ready, carefully lift your head back up to center.
5. Switch sides.

“Stretching is a great way to work your muscles without having a high impact or strenuous workout. It's great for beginners, low energy days, recovery and for joint lubrication.”

- Vanetta

NASM Certified Personal Trainer and
AFAA Fitness Nutrition Specialist Living with MG

What do you need to get started?

- ✓ **Space to move:** Clear an area in your home with enough room to safely move around
- ✓ **Chair:** For seated stretches and/or balance
- ✓ **Yoga mat or carpeted area:** For floor stretches
- ✓ **Yoga blocks (optional):** For stability or to deepen stretches
- ✓ **Lightweight clothing:** Something you feel comfortable in that won't restrict your movement
- ✓ **Water:** To stay hydrated



STRETCH 2:

Arm stretches

1. Keeping your right arm straight, stretch it across your body.
2. Reaching under your outstretched right arm, put your left palm on your upper right arm, pull it closer to your chest and hold it there, then release.
3. Next, lift your right arm straight up overhead, then bend it at the elbow so your right fingertips are touching your upper back. Your arm should be folded by the side of your face.
4. Take your left hand and press down gently on your raised elbow. Hold, then release.
5. Switch sides.



STRETCH 3:

Hip opener

Option 1 (chair version):

1. Begin seated in a chair.
2. Take one leg and cross it over, so that the ankle is resting on your other knee.
3. For a deeper stretch, lean forward over your crossed leg.
4. Take a few breaths. Then, straighten back up if you're bent over.
5. Switch sides.

Option 2 (floor version):

1. Take a seat on the floor.
2. Extend your legs out in front of you.
3. Take your leg and cross it over, so the ankle is resting on the other knee.
4. For a deeper stretch, bend the knee of the leg that's flat on the ground toward you, bringing your crossed leg closer to your body (place your hands behind you for additional support).
5. Take a few breaths in this stretch. Then extend your leg back out and remove your ankle from your knee.
6. Switch sides.



STRETCH 4:

Ankle stretches

Option 1 (chair version):

1. Begin seated in a chair with your feet flat on the ground.
2. Raise your knee so that there are a few inches between the bottom of your foot and the floor (use your hands on the chair seat for support if needed).
3. Begin to rotate the ankle of your raised foot slowly in a clockwise direction.
4. After a few rotations, switch to counterclockwise circles.
5. Play around with the size of your ankle circles, you can "draw" big or small circles.
6. Switch sides.

Option 2 (standing version):

Repeat the same steps above while standing. Place a hand on the wall or on the back of a chair for support. You can also practice your balance by removing your hand from the wall or chair for a few seconds.

