



Stretches for industrial workers

Remember to **BREATHE** and to hold each stretch for 30 seconds unless otherwise specified

These stretches are for your benefit to increase your flexibility and comfort. You may feel tension and tightness while performing some of these, but you should not feel pain. If you feel pain, back off the stretch a little until it feels more comfortable. If you have a current injury or feel uncomfortable doing these stretches, please check with your caregiver prior to continuing these exercises to ensure they are appropriate for you.

1 REACH FOR THE SUN

Stand up and raise your arms above your head. Keeping your feet on the ground, inhale deeply and reach up further, feeling your spine lengthen. Hold 5-10 seconds, relax and repeat two more times.



NECK & SHOULDERS

2 LATERAL NECK

Use one hand to pull down on your shoulder while you stretch your ear to opposite shoulder. Or you can use your hand to gently pull your ear to your shoulder. Hold 30 seconds & breathe. Repeat other side.



3 BETWEEN-THE-SHOULDER-BLADES

Sit or stand up straight. Reach forward at shoulder level and grasp both hands together; turn them out. Keep chin tucked in. Gently pull arms forward. Hold 30 seconds. Relax and repeat.



4 CHEST PULL

While standing close to and facing a wall or a sturdy surface, slide your right arm up the wall to your side until your hand is touching the wall at shoulder level or higher and your elbow is straight. Then slowly rotate your feet and your body to the left until you are almost perpendicular to the wall or until you feel a stretch in your chest or front of your shoulder and/or down the front of your arm. Hold for 30 seconds, relax and repeat with the other arm.



5 UPPER SHOULDER

Gently push one arm at the elbow across your body at shoulder level. Hold and breathe. Repeat other side.



6 FINGERS-UP

Stretch arm forward, elbow straight and turn fingers up. Gently pull the palm of the hand toward you and hold 30 seconds. Relax and repeat other hand.



7 FINGERS-DOWN

Stretch arm forward, elbow straight and turn fingers down. Gently pull back of hand toward you. Hold 30 seconds. Repeat other hand.



BACK & LEGS

8 BACK EXTENSION

Stand with feet shoulderwidth apart and knees slightly bent. Hands on your hips and eyes facing forward (keep your neck neutral). Gently arch your back backwards and hold 5-10 seconds. Breathe. Relax and repeat.



9 QUADRICEPS STRETCH

Holding onto something, grab your ankle with the other hand. Push your hip forward and hold 30 seconds. Relax and repeat other leg.



10 HAMSTRING STRETCH

Place one leg in front of you and raise the toes off the ground. "Sit back", keeping your hands on your thighs for balance. Feel the stretch in the back of the front leg. Hold 30 seconds. Relax and repeat other leg.



11 CALF STRETCH

Standing, lean against something and place one leg back behind you, with the other in front. Back heel stays on the ground. Lean your hips forward, feeling the stretch in the calf of the back leg. Hold 30 seconds. Relax and repeat other leg.



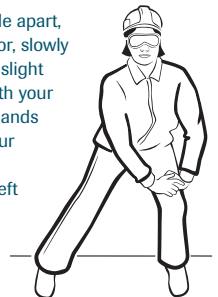
12 HIP FLEXOR STRETCH

While standing, take a large step forward with your right foot. Keep both feet pointing forward and the back leg straight. Allow your back heel to come up off the floor and your front knee to bend. Push your right hip forward until you feel a stretch. Ensure that the bent knee does not come forward over your toes. Hold 30 seconds, relax and repeat on the other side.



13 INNER THIGH STRETCH

While standing with both feet wide apart, facing forward and flat on the floor, slowly sit your bum back and perform a slight squat. Keep your body upright with your chest facing forward. With both hands on your left thigh, slowly bend your left knee. Keeping your right leg straight, shift your weight to the left until you feel a stretch in your groin. Hold for 30 seconds, relax and repeat on the other side.



14 HIP & GLUTEAL STRETCH

Sitting down, cross one foot over the opposite knee. Sit up TALL. Keeping the raised knee out to the side and the hips level, gently bend forward at the waist, keeping back straight. Hold 30 to 60 seconds. Relax and repeat other leg.

