






CBI Workplace Solutions

Stretches for on the Job and at Home











-Never stretch to the point of pain

***These exercises are safe for the general population

Please consult a healthcare professional if you are at all uncertain about the safety of these or other exercises for your condition

<p>Back Extension</p>  <ol style="list-style-type: none"> 1. Stand with feet shoulder width apart and hands on back of hips 2. Gently bend back to the point of pressure 	<p>Back Flexion</p>  <ol style="list-style-type: none"> 1. Gently bend forward sliding your hands down your legs. 2. Stop when you feel a gentle stretch or pressure in the lower back. 	<p>Gluts</p>  <ol style="list-style-type: none"> 1. Sit straight and cross one leg over the other, resting your foot on the knee. 2. Gently push the bent knee toward the floor. 	<p>Hamstring</p>  <ol style="list-style-type: none"> 1. Stand with one foot firmly on the floor and the other resting on a slightly elevated surface (e.g. box) 2. Gently bend forward from the hips. Stop when feel a gentle pull in the back of the thigh of the elevated leg. 	<p>Quadriceps</p>  <ol style="list-style-type: none"> 1. Stand with one foot firmly on the floor. 2. Bend one knee back toward your buttocks and use your hand to support the pant leg or foot. Stop when you feel a gentle pull on the front of the thigh.
<p>Calf</p>  <ol style="list-style-type: none"> 1. Stand with one leg in front of the other. Bend the knee of the front leg. 2. Keeping the back leg straight gently shift your weight forward over the bent knee. Stop when you feel a gentle pull in the calf of the straight leg. 	<p>Chest/Bicep</p>  <ol style="list-style-type: none"> 1. Reach with both hands behind your back. 2. Gently lift your hands and stop when you feel a stretch in your chest and arms. 	<p>Mid- Back</p>  <ol style="list-style-type: none"> 1. Reach with both arms in front of your body. 2. Bend your mid back forward and look down between your arms. Stop when you feel a gentle pull in your mid back 	<p>Shoulder</p>  <ol style="list-style-type: none"> 1. Reach with one arm across your body. 2. Use your other hand to gently push your elbow in and across your body. Stop when you feel a gentle pull in your shoulder and mid back 	<p>Torso</p>  <ol style="list-style-type: none"> 1. Raise both arms up to chest/shoulder level. 2. Gently turn your hips toward one side. Stop when you feel a gentle pull in your torso.

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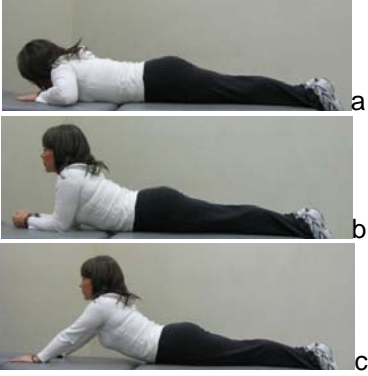
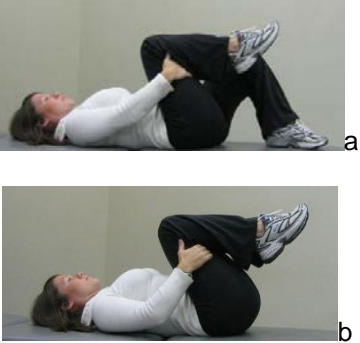

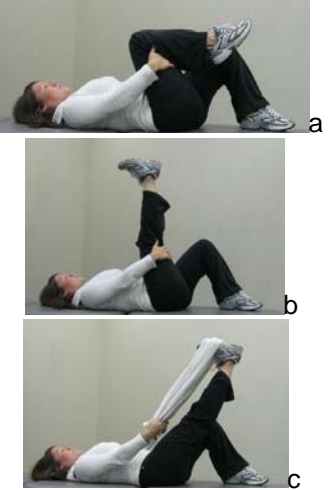

<p style="text-align: center;">Triceps</p>  <ol style="list-style-type: none"> 1. Bend one elbow and raise your arm to eye level. 2. Use your other hand to gently push your arm up toward to ceiling. Stop when you feel a pull in the back of the arm. 	<p style="text-align: center;">Neck Retraction</p>  <ol style="list-style-type: none"> 1. Sit straight. Gently pull your chin back toward your chest. Be careful not to raise or lower your chin. 2. Stop when you feel a gentle pressure or pull in the back of your neck or mid back. 	<p style="text-align: center;">Levator Scapulae</p>  <ol style="list-style-type: none"> 1. Turn your head half way to the side. Look down toward your armpit. 2. Use your hand to gently apply overpressure on the top of your head (overpressure is optional). Stop when you feel a pull in the back of your neck to the top of the shoulder blade. 	<p style="text-align: center;">Neck Side Flexion</p>  <ol style="list-style-type: none"> 1. Bend your ear toward your shoulder. 2. Use your hand to gently apply overpressure (overpressure is optional). Stop when you feel a pull in the side of your neck/shoulder. 	<p style="text-align: center;">Neck Rotation</p>  <ol style="list-style-type: none"> 1. Turn your head to look over your shoulder. 2. Use your hand to gently apply overpressure (overpressure is optional). Stop when you feel a pull in the side of your neck/shoulder.
<p style="text-align: center;">Fingers</p>  <ol style="list-style-type: none"> 1. Close your hands in a fist. 2. Open your hands wide. 	<p style="text-align: center;">Thumb</p>  <ol style="list-style-type: none"> 1. Flex your arm 2. Extend your wrist back, allowing fingers to curl in. 3. Stretch thumb back toward your arm. 	<p style="text-align: center;">Wrist Extensors</p>  <ol style="list-style-type: none"> 1. Place arm straight down by your side with palm facing allowing fingers to curl. 2. Rotate your hand outward. Make a loose fist for more of a stretch. 	<p style="text-align: center;">Wrist Flexors</p>  <ol style="list-style-type: none"> 1. Flex your arm with palm up like you are holding a tray. 2. Reach through with your opposite hand and stretch your last two fingers down. 	<p style="text-align: center;">Wrist Pronators</p>  <ol style="list-style-type: none"> 1. Flex your arm and stretch your fingers down and back with the opposite hand. 2. Straighten your arm while keeping the tension on your fingers. 3. Rotate arm by turning fingers inward.

Stretches for Home

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Back Extension	Back Flexion	Gluts	Hamstring	Quadriceps
				
<ol style="list-style-type: none"> 1. Lie on your stomach with hands beside your shoulder as in "a". 2. Keep the hips on the floor, while pushing the shoulders up using the arms. You can rest on your elbows as in "b" or continue as in "c" until your arms are straight or there is a stretching sensation in the low back 3. Pause (do not hold) and return to starting position. Repeat 10 times. 	<ol style="list-style-type: none"> 1. Pull one knee to your chest as in "a" or to increase the stretch pull both knees in as in "b". 2. Pause (do not hold) and return to the starting position. Repeat 10 times (both sides if only one leg). 	<ol style="list-style-type: none"> 1. Cross one leg so that the ankle rests on the opposite leg. 2. Gently pull the bent knee toward the opposite shoulder. 3. Hold for 15-30 seconds. Repeat 3-5 times per leg. 	<ol style="list-style-type: none"> 1. Start with pulling one knee toward your chest as in "a". 2. Begin to straighten your leg until you feel a stretch in the back of the thigh as in "b" or use a towel to assist as in "c" 3. Hold for 15-30 seconds. Repeat 3-5 times per leg. 	<ol style="list-style-type: none"> 1. Lie on your stomach and bend one knee bringing your foot toward your buttock. 2. Grab the foot/pant leg and gently pull it closer to the buttocks until a stretch is felt in the front of the thigh. 3. Hold for 15-30 seconds. Repeat 3-5 times per leg.

Strengthening

- Never push to the point of pain, only until you fatigue the muscle.

Repeat each exercise 3-20 repetitions on each side (if applicable), 1-3 sets, depending upon your capability

<p style="text-align: center;">Abdominal - Crunch</p>  <ol style="list-style-type: none"> 1. Slide your hands toward your knees, raising your head and shoulders off the floor as in "a". 2. To make this exercise more difficult place your arms across your chest or hands behind your head as in "b". 3. Pause in the raised position and then return to the starting position. 	<p style="text-align: center;">Trunk - Bridge</p>  <ol style="list-style-type: none"> 1. Place your hands by your side and feet shoulder width apart. 2. Raise your buttocks off the floor. 3. Pause and then return to the starting position. 	<p style="text-align: center;">Chest Raise</p>  <ol style="list-style-type: none"> 1. Place your arms beside you or your hands on your low back. 2. Raise the upper chest off the floor. 3. Pause and return to the starting position. 	<p style="text-align: center;">Prone Leg/Arm Raise</p>  <ol style="list-style-type: none"> 1. Place your hands under your chin or arms under your forehead. 2. Raise one leg (keeping the knee straight) until the knee is slightly off the floor as in "a" 3. Pause and return to the starting position. Repeat with the other leg. 4. To increase difficulty raise the opposite arm and leg as in "b" 	<p style="text-align: center;">4 Point Leg/Arm Raise</p>  <ol style="list-style-type: none"> 1. Knees should be under the hips and hands under the shoulders as in "a". 2. Slowly raise the opposite arm and leg while maintaining tight abdominal muscles, do not allow the pelvis to drop as in "b". 3. Pause and slowly return to the starting position. Repeat with the opposite side.
<p style="text-align: center;">Leg Raise</p>  <ol style="list-style-type: none"> 1. Bend one knee and keep the other straight. 2. Tighten your abdominal muscles (to stabilize the low back). 3. While maintaining a neutral position of the low back, slowly raise and lower the straightened leg and ensure there is no movement of the low back. Repeat with the opposite leg. 	<p style="text-align: center;">Trunk – Plank/Easy</p>  <ol style="list-style-type: none"> 1. Place your elbows under your shoulders. 2. Raise your trunk off the floor, lifting from your knees. 3. Pause or hold up to 10 seconds and then return to the starting position. 	<p style="text-align: center;">Trunk – Plank/Harder</p>  <ol style="list-style-type: none"> 1. Place your elbows under your shoulders. 2. Raise your trunk off the floor, lifting from your feet. Keeping the buttocks in the raise as in "a" is the first progression from the version on the left. Keep the buttocks low to the floor as in "b" for the hardest version of this exercise. 3. Pause or hold up to 10 seconds and then return to the starting position. 	<p style="text-align: center;">Trunk – Side Plank/Easy</p>  <ol style="list-style-type: none"> 1. Lie on your side and raise your upper body on one elbow (elbow should be in line with the shoulder). Bend your knees slightly. 2. Raise your hip off the floor, lifting from the knees. 3. Pause or hold up to 10 seconds and then return to the starting position. 4. Repeat on the other side. 	<p style="text-align: center;">Trunk – Side Plank/Harder</p>  <ol style="list-style-type: none"> 1. This is a progression from the version on the left. Start in the same position but with the legs straight. 2. Slowly raise your body off the floor, lifting from the side of your feet. 3. Pause or hold up to 10 seconds and then return to the starting position. 4. Repeat on the other side.