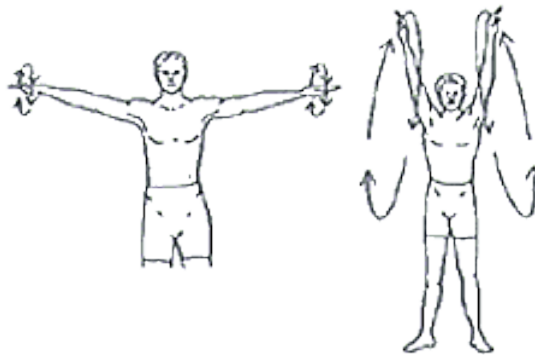


## Stretches to be performed before work:

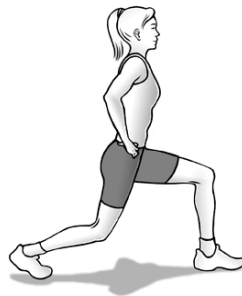
Stretches should never be painful. Stretch your muscles until you feel a slight bit of tension. If you stretch your muscles to the point of pain you will significantly increase the potential for injuring yourself.

### 1) Warm-up – This is the most crucial part of this program and should not be skipped.

- a) **Walking** – Go for a brisk 5-10 minute walk. Walking will help to get blood circulating to all of the working muscles in your body. This will help prepare them for use. Following the walk begin performing the exercises listed below to complete the warm-up
- b) **Arm circles** – Move your arms slowly, both forward and backwards in turn. Start by making small circles and move up to large circles. Perform 5-8 arm circles in each direction.

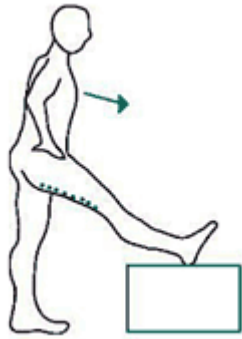


- a) **Lateral arm swing** – Begin by guiding both arms in a straight line out to the side of your body and then crossing them in front of you. Then swing your arms back out to your side again. Remember to move slowly and control your arms throughout the movement. Perform 5-8 arm swings.
- b) **Lunges** – Holding onto something beside you move down slowly into a lunge position and then slowly back up. Keep your back straight and vertical at all times when going through the range of movement. Perform 4-5 reps of this exercise. Switch legs and repeat.



## 2) Hamstring Stretch

This stretch can be done with or without a box/assist. Place one leg in front of your body, pointing your toes up in the air, if possible. Keep your back straight, and lean forward. You will feel this stretch in your back, the back of your upper leg, the back of your knee, and in your calf. Hold the stretch for 30 seconds breathing slowly throughout and then release. Switch legs and repeat.



## 3) Quadriceps Stretch

Stand near a wall, or solid object and place one hand on the wall/object. Then bend one leg back behind your body. Reach back with your free arm and grab your foot. DO NOT twist your body or your knee out to the side at any time! Do not lean forward; rather try to stand up straight. You will feel this stretch in the front portion of your upper leg. Hold the stretch for 30 seconds, breathing slowly throughout and release. Switch legs and repeat.



### 3) Calf / Soleus Stretch

Stand at arms length away from a wall or another support and lean forward. Move your right foot forward and keep your left leg straight and heel on the ground. Lean forward until you feel a slight stretch in your calf. Keep your back straight throughout the exercise. You should feel the stretch in the back of your lower leg, and up into the area behind your knee. Hold the stretch for 30 seconds, breathing slowly throughout. Switch legs and repeat. If you do not have a structure to lean against you may lean on your forward knee as illustrated below.



### 4) Back Stretch A

Stand up straight with your hands above your head, and interlock your hands together with the palms facing the ceiling. Reach up as high as you can. You should feel the stretch in your back, and side below your armpit. Hold the stretch for 30 seconds, breathing slowly throughout.



### 5) Back Stretch B

Reach forward with your palms facing ahead and hands interlocked. Stretch as far forward as possible rolling the back slightly forward as well. Keep your hips straight and upright. You should feel this stretch in the back of your shoulders, and in-between your shoulder blades. Hold the stretch for 30 seconds, breathing slowly throughout.



### 6) Neck Rotation

Simply roll your head slowly in front of your body to the left and to the right. Keep control of the movement at all times. Do not bend your head backward at any time when performing this stretch. Roll your head to each side 4-5 times, while breathing slowly throughout the movement. You should feel a slight stretch in your upper back, the top of your shoulders, and in the back of your neck.



### 7) Upper Arm

Reach one hand over and behind your head. Then with your free hand pull your elbow behind your head until you feel a slight stretch. You should feel this stretch in the back of your upper arm, as well as directly below your armpit. Hold the stretch for 30 seconds, breathing slowly throughout.



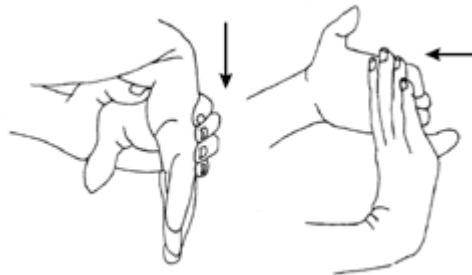
## 8) Biceps / Chest Stretch

Reach behind your back and interlock your hands, palms facing away from your body. Reach back as far as possible and bring your arms up slowly. You should feel this stretch in your chest as well as in the front of your upper arms, and shoulders. Hold the stretch for 30 seconds breathing slowly throughout.



## 9) Wrist Stretch

Reach forward in front of your body with both hands, with your right palm facing down. With your left hand pull your right hand down and towards yourself. Then flip your right hand over with the palm facing the ceiling. With your left hand you're your right hand up and towards your body. Switch hands and repeat. Hold each stretch for 30 seconds breathing slowly throughout the exercise.



It is recommended that all stretches be held for a minimum of 30 seconds. If you would like, you can hold a stretch longer at any time. If you are up to it you may also perform this stretching routine more than once at a time, going through all the stretches two or three times. The successive rounds through the routine would not require a warm-up. Try to make a daily routine with stretching involved. You should avoid bouncing into and out of positions at all times. Sudden, jerking movements are potentially dangerous and are not recommended. If you stand for extended periods of time, it is important to take miniature sit breaks to relieve some of the pressure on your leg and back muscles.

## **Stretches To Be Performed on the Job**

You may want to perform these exercises briefly while you have a few seconds during work time. It is important to try and stay loose and switch positions while working. Holding an awkward position for a long time can weaken muscles and lead to injury. By moving your joints regularly you will increase your blood flow to working muscles and decrease the potential for injury in the workplace. It is important to be aware of the stresses that are on your body at all times. By recognizing when you have a stiff joint, or a sore muscle you can use some of these exercises to help prevent long term damage to your body.

### **1) Shoulder Stretch**

Reach with one arm across the front of your body. Put your free arm underneath and in front and pull back. When doing this try and keep the shoulder being stretched as far back as possible, try to prevent it from rolling forward. You will feel this stretch in the back of your shoulder, and in your mid back. When appropriate switch and stretch the other arm.



## 2) Side Bend

Lean to the side with your top arm reaching up and over your body. Hold the position for 3-5 seconds then switch and lean the other direction. Hold this position for 3-5 seconds as well. Do not bounce at any time when you are in this position, stay as stable as possible. Perform this exercise 3-4 times before moving on.



## 3) Torso Rotation

Standing upright, place your hands on your hips and rotate your shoulders to the right slowly, hold this position for 3-5 seconds and rotate back across to the left. Hold this position for 3-5 seconds as well. Do not bounce at any time when you are in this position, stay as stable as possible. Perform this exercise 3-4 times before moving on.



**4) Use any and all of the stretches listed in the pre-work routine at anytime throughout your workday at as well.**