



## Stretches for on the Job

# 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

### Back Extension



1. Stand with feet shoulder width apart and hands on back of hips
2. Gently bend back to the point of pressure

### Neck Retraction



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.

### Levator Scapulae



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.

### Neck Side Flexion



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.

### Mid- Back



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

### Chest/Bicep



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.

### Gluts



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.

### Hamstring



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.

### Quadriceps



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.

### Calf



1. Stand with one leg in front of the other. Bend the knee of the front leg.
2. Keeping 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.