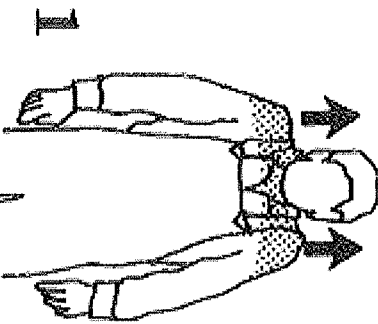
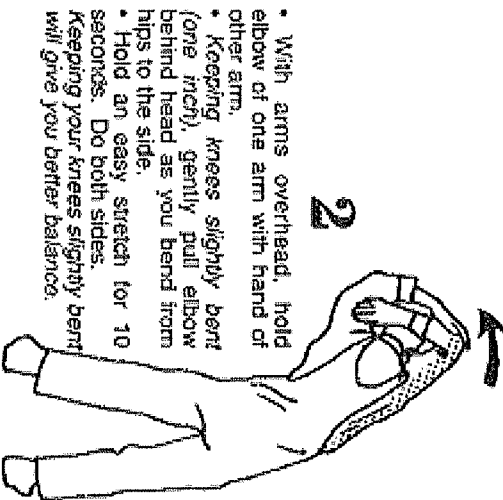


# worksite stretches

- Stretch to a point where you feel a mild tension and relax as you hold the stretch.
- Do not bounce.
- If you are stretching correctly, the feeling of stretch should slightly subside as you hold the stretch
- Any stretch feeling that grows in intensity or becomes painful as you hold the stretch is an overstretch.
- The long-sustained, mild stretch reduces unwanted muscle tension and lightness.



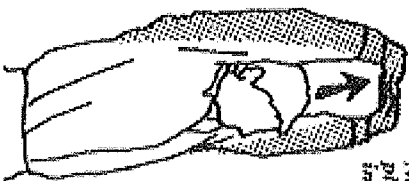
- 1**
- Shoulder Strug:** Good to use at the first signs of lightness or tension in the shoulder and neck area.
- Raise top of shoulders toward ears.
  - Hold a slight feeling of tension for 3-5 seconds.
  - Relax shoulders downward into their normal position.
  - Do this 2-3 times.



- 2**
- With arms overhead, hold elbow of one arm with hand of other arm.
  - Keeping knees slightly bent (one inch), gently pull elbow behind head as you bend from hips to the side.
  - Hold an easy stretch for 10 seconds. Do both sides.
  - Keeping your knees slightly bent will give you better balance.

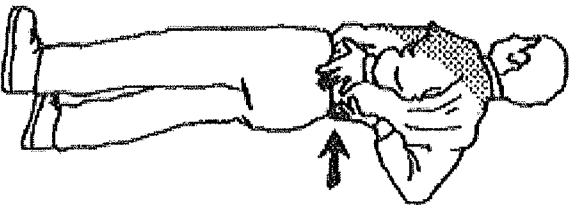


- 3**
- Interlace fingers above head.
  - With palms facing upward, push arms slightly back and up. Feel the stretch in arms, shoulders and upper back.
  - Hold stretch for 15 seconds.
  - Do not hold your breath. This stretch is good to do anytime.

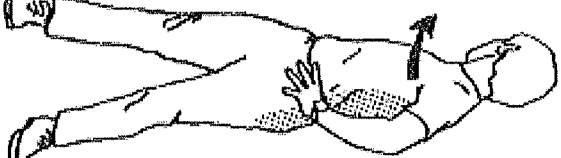


- 4**
- With fingers interlaced behind back, slowly turn elbows inward while straightening arms.
  - Hold for 5-15 seconds. Do twice. This stretch can be done at any time.

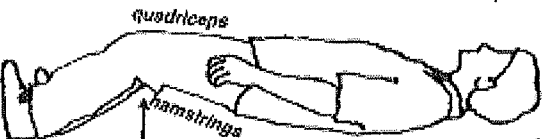
*Note: If you have had any recent surgery, muscle, or joint problem, please consult your personal health care professional before starting a stretching or exercise program.*



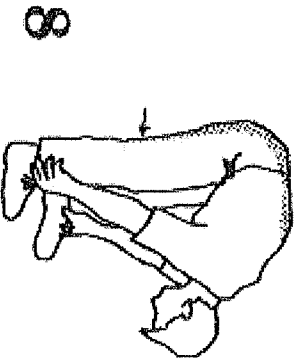
- 5**
- Standing with knees slightly bent, place palms on lower back just above hips, fingers pointing downward.
  - Gently push palms forward to create an extension in low back.
  - Hold comfortable pressure for 10-12 seconds. Repeat twice.
  - Use this stretch after sitting for an extended period of time.



- 6**
- With hands on hips, feet pointed straight ahead, rotate hips to the right as you look over right shoulder.
  - Hold an easy stretch for 10 seconds.
  - Stretch each side twice. Be relaxed and breathe easily. This is a good stretch for lower back and hips. Stretch within your comfortable limits.



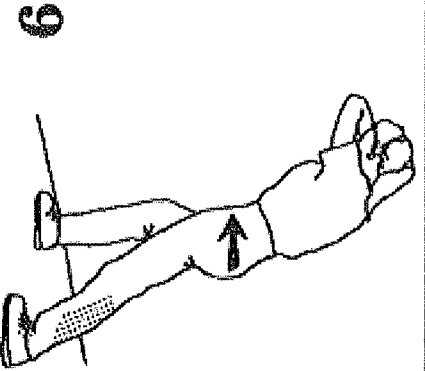
- 7**
- Stand in this bent-knee position which contracts the quadriceps and relaxes the hamstrings.
  - Hold for 30 seconds. Because these muscles have opposing actions, contracting the quadriceps will relax the hamstrings. This position will prepare your muscles for the next stretch for the hamstrings.



8

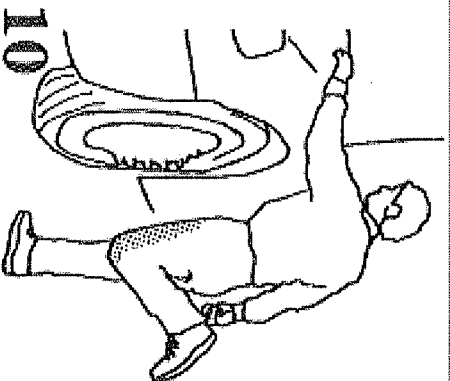
- Stand up and then slowly bend forward from the hips.
- Always keep knees slightly bent during this stretch (1 inch) so lower back is not stressed. Let neck, arms and hands relax.
- Hold a slight stretch in the back of legs for 10-20 seconds until you are relaxed. Let yourself relax physically by mentally concentrating on the area being stretched. Stretch by how you feel and not by how far you can go. Do not stretch with knees locked. Do not bounce when you do this stretch.

Always bend your knees when returning to a standing position.



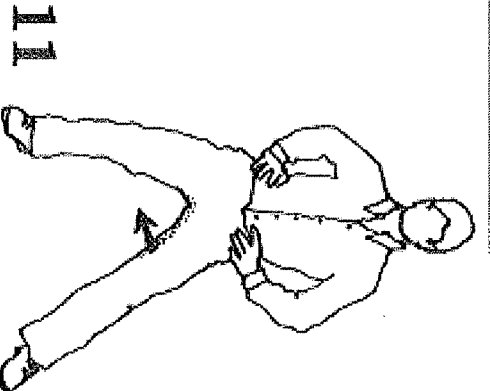
9

- Stand a little ways from a solid support and lean on it with forearms, head resting on hands.
- Bend one leg and place foot on the ground in front of you leaving the other leg straight behind you.
- Slowly move hips forward until you feel a stretch in the calf of your straight leg. Be sure to keep the heel of the foot of the straight leg on the ground and your toes pointed straight ahead.
- Hold an easy stretch for 20 seconds. Do not bounce. Stretch both legs.



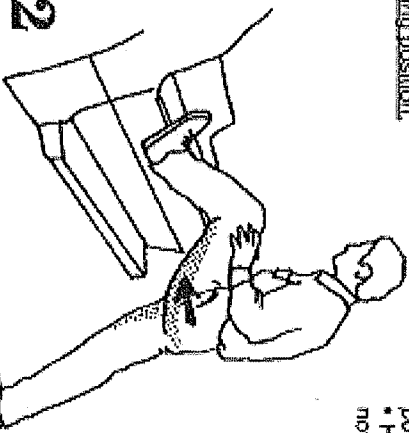
10

- Place left hand on a support for balance.
- Gently pull left foot (from inside of foot) toward buttocks with right hand until you feel a mild stretch. Hold onto the back of your pant leg if you cannot grab onto the top of your foot easily.
- Hold for 15 seconds. Stretch other leg. If preferred, this stretch can also be done using same hand to same foot, with hand holding on top of foot.



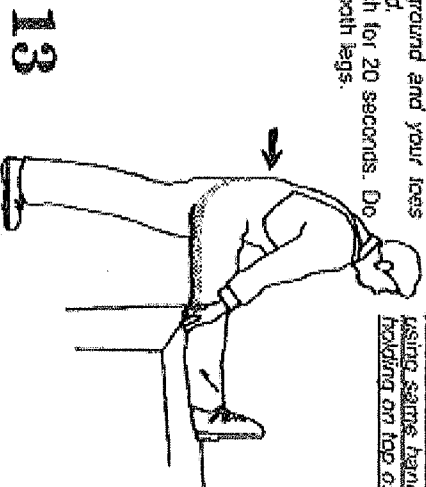
11

- Start with feet pointed straight ahead and a little more than shoulder width apart.
- Bend right knee slightly and move left hip downward toward right knee. This gives you a stretch in left inner thigh (nerve groin).
- Hold for 10-15 seconds and repeat for right groin.



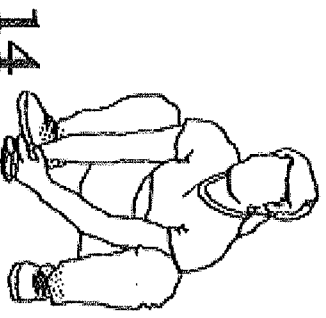
12

- Place the ball of your foot up on a secure support of some kind. Keep foot of the down leg pointed straight ahead.
- Bend the knee of the up leg as you move your hips forward. This should stretch groin, hamstrings and front of hip.
- Hold for 15 seconds. Repeat stretch for other leg. If necessary for balance and control, use your hands to hold onto something. This stretch will relieve tension in your lower back and hamstrings.



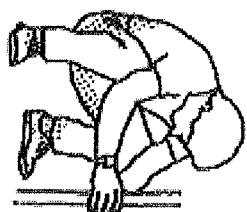
13

- The leg on the ground should be slightly bent (1 inch) with your foot pointed forward. A table works good for this stretch.
- The leg resting on the table should be at a comfortable height and straight, with foot relaxed and upright.
- Slowly bend forward at the waist, with eyes looking forward, until you feel a stretch in the back of the raised leg.
- Hold and relax. Find an easy stretch, relax, and then stretch further when it becomes comfortable to increase the stretch. Do not overstretch.
- Hold stretch for 10 seconds for each leg.



14

- Feel one shoulder width apart and pointed out to about a 15° angle, heels on the ground.
- Bend knees and squat down. If you have trouble staying in this position hold onto something for support. It is a great stretch for your ankles, Achilles tendon area, groin, lower back and hips.
- Hold stretch for 10-20 seconds.
- Be careful if you have had any knee problems. If pain is present discontinue this stretch.



prevent injuries by stretching.  
do one healthy thing.

