

Stretches for industrial workers

REMEMBER TO HOLD EACH STRETCH FOR 5-10 SECONDS AND BREATHE

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.



2 LATERAL NECK

Place one hand behind your back or hold the bottom of a chair. The other hand gently pulls your ear to the shoulder. Hold & 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 10 seconds. Relax and repeat.



4 UPPER SHOULDER

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



5 FINGERS-UP

Stretch arm straight forward and turn fingers up. Gently pull the palm of the hand toward you and hold 5-10 seconds. Relax and repeat other hand.



6 FINGERS-DOWN

One arm straight ahead, elbow straight, turn fingers down. Gently pull back of hand toward you. Hold & breathe. Repeat other hand.



7 BACK EXTENSION

Stand with feet shoulder-width 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.



8 QUADRICEPS & HIP FLEXOR STRETCH

Holding onto something, grab your ankle with the other hand. Push your hip forward and hold 5-10 seconds. Relax and repeat other leg.



9 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 5-10 seconds. Relax and repeat other leg.



10 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 forward, feeling the stretch in the calf of the back leg. Hold 5-10 seconds. Relax and repeat other leg.



11 HIP FLEXOR

Place one leg up on something. Keep the back heel on the floor and gently lean forward. Keep body upright and both feet facing forward. Feel the stretch in the front of the hip of the back leg. Can be done from a kneeling position too, with one leg in front, foot on the ground. Lean forward and keep body upright. Hold 5-10 seconds. Breathe. Relax and repeat.



12 HIP & GLUTEAL STRETCH

Sitting down, cross one foot over the opposite knee. Keeping the raised knee out to the side and the hips level, gently push the raised knee down. Hold 5-10 seconds. Relax and repeat other leg.



13 KNEE HUG

Stand against a wall so your back is supported or lie on your back. Keeping one leg straight, pull the other leg gently towards you, hugging the top of or beneath the knee (hold beneath if you have knee pain). Try to keep the pelvis level. Hold 5-10 seconds. Breathe. Relax and repeat other side.

