

Hanford Occupational Health Services Daily Stretch

GUIDELINES

- Never stretch to the point of pain.
- Do not bounce. Use slow, controlled movements.
- Do not hold your breath.
- Breathe normally and relax while stretching.
- Hold each stretch position 10 seconds.
- Repeat on opposite side when applicable.



1 | SHOULDER & SIDE NECK

Place arm behind back, reaching toward opposite shoulder blade. Tilt head to side of straight arm.



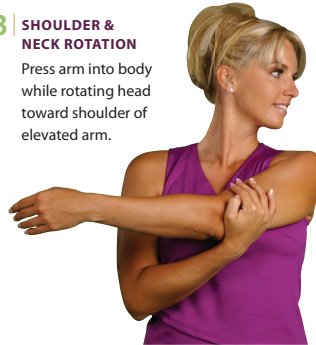
2 | 3-WAY NECK

Bend neck diagonally at 45 degree angle to right and hold. Repeat for the center and left positions.



3 | SHOULDER & NECK ROTATION

Press arm into body while rotating head toward shoulder of elevated arm.



4 | TRICEP & SHOULDER

Place arm behind head and reach hand down to mid back. Pull elbow in toward head.



5 | UPPER BACK

Press forward and outward with rounded arms. Round out upper back. Maintain upright posture and tucked pelvis.



6 | FOREARM FLEXORS & EXTENSORS

Grasp palm side of hand, fingertips pointing up. Keep elbow straight and pull hand toward body. Repeat with fingertips pointing down.



7 | HAND, WRISTS & FINGERS

Separate and straighten fingers and hold. Next, bend at knuckles and hold. Finish by making fist and curling wrists in.



8 | TRUNK SIDE BEND

Place hand on hip. Fully extend free arm by reaching up and overhead.

9 | QUADRICEPS

Holding a solid support, bend leg back. Keep knee in line with hip and tuck pelvis forward.



10 | HAMSTRINGS & LOWER LEG

Extend leg out with toes pointing up. Bend forward at hips, while maintaining flat back.



11 | LOW BACK EXTENSION

Place your hands on your low back and arch back gently. Your neck should remain fairly straight.

12 | HIP & PIRIFORMIS

Cross leg over so foot is resting on opposite knee. Maintain flat back and bend forward at hips. Bring chest out toward leg.



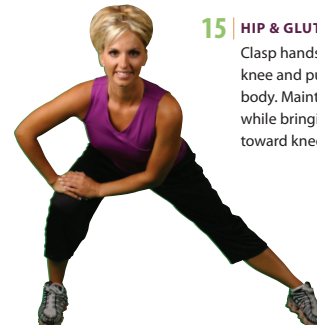
13 | BACK ROTATION

Place arm on outside of opposite leg and apply pressure to rotate torso. Use chair to assist with rotation movement.



14 | INNER THIGH

From a wide stance, feet forward, shift weight to one side. Bend forward at hips, while maintaining flat back.



15 | HIP & GLUTEALS

Clasp hands around knee and pull in toward body. Maintain flat back, while bringing chest out toward knee.



16 | LOW BACK & HAMSTRINGS

Extend leg out on chair. Bend forward at hips, keeping shoulders back and back flat. Repeat with toes pointed forward.

