Stretching Program:

• Stretch prior to work or after long periods of rest (e.g. after your lunch break).
• Four routines total.
• Perform one routine for the entire work week and then do the next routine the following week, etc.
• Each routine contains:
  • Dynamic warm-up
  • Shoulder stretch
  • Low Back Stretch
  • Upper extremity stretch
  • Lower extremity stretch

Stretching Reminders:

• Stretching is a part of an overall strength, exercise and conditioning program.
• Target major muscle groups and focus on muscles and joints being stretched
• Hold each static stretch a minimum of 15 seconds, perform dynamic stretches for 1 minute; perform stretches 3x per side
• Take your time, don’t bounce
• Focus on a pain-free stretch
• Relax and breathe freely

Benefits of Stretching:

• Reduces muscle tension
• Increased flexibility
• Improves range of motion
• Improves circulation
• Promotes better posture
• Relieve stress

*Disclaimer: Consult with your primary care provider prior to engaging in physical activity. Anyone experiencing work-related pain should contact the Occupational Health Center.*
Routine 1

1 Dynamic Warm-Up: Marching in Place
   - Raise one foot at a time
   - Do not rush. Move at a slow, controlled pace
   - Hold on to a chair if needed
   - March in place for one minute

2 Chest Stretch
   - Keep arms low
   - Use a doorway or sturdy fixture to assist
   - Move upper body forward until you feel a comfortable stretch
   - Keep chest and head up
   - Perform 3 sets of 15 seconds on each side

3 Forward Bend
   - Place hands on to a table or chair
   - Bend at the waist with knees slightly bent and hips above feet
   - Lower head between arms
   - Perform 3x, 15 seconds each

4 Wrist Stretch
   - Perform with fingers pointed up and with fingers pointed down
   - Arms extended straight in front of you
   - Hold on to palm/back of hand with opposite hand
   - Perform 3 sets of 15 seconds on each side, both positions

5 Standing Quad Stretch
   - Hold on to chair or sturdy fixture
   - Hold foot with same side hand and gently pull heel towards buttocks
   - Modified version: rest involved foot on chair seat
   - Perform 3 sets of 15 seconds on each side
Routine 2

1 Dynamic Warm-Up: Squats
   - Feet shoulder width apart
   - Arms outstretched in front of you
   - Bend at the knees to a comfortable depth
   - Perform 3 sets of 10 repetitions

2 Arm Circles
   - Move arms in large circles within comfortable range
   - Perform 3 sets of 10 circles going both forward and backwards

3 Hamstring Stretch
   - Sit down and lean forward at the hips
   - Keep the leg straight and toes pointed upward
   - Perform 3 sets for 15 seconds on each leg

4 Finger Stretch
   - Separate and straighten your fingers until the tension of a stretch is felt.
   - Relax, bend fingers at knuckles
   - Hold each position for several seconds
   - Perform 3 sets of 10 repetitions

5 Calf Stretch
   - Stand away from the wall and lean on wall with hands
   - Place one foot in front of the other
   - Slowly move hips forward
   - Keep heels flat and toes forward
   - Perform with both the rear leg straight, and the rear leg bent and the knee to target different muscles
   - Perform 3 sets of each stretch, on each leg, for 15 seconds
Routine 3

1 Dynamic Warm-Up: Marching in Place
- Raise one foot at a time
- Do not rush. Move at a slow, controlled pace
- Hold on to a chair if needed

2 Shoulder Stretch
- Position arm across your body so it is parallel to the floor
- Hold on to crossed arm at the elbow with your opposite arm
- Perform 3 sets on each side holding for 15 seconds each

3 Trunk Rotation
- Place feet shoulder width apart
- Place hands on hips
- Gently twist at the trunk and hold
- Keep knees slightly flexed
- Perform 3 sets on each side holding for 15 seconds each

4 Praying Stretch
- Place hands together palm to palm in front of you with small gap at palms
- Keep elbows up and even
- Raise elbow height to increase stretch
- Perform 3 sets holding for 15 seconds each

5 Side Lunge
- Stand upright with arms in front of you
- Take a step to the left and slightly bend right knee
- Return to standing position
- Repeat with right leg
- Ensure bent knee is aligned over toes
- Hold on to chair if needed
- Perform 3 sets of 10 on each side
Routine 4

1 Dynamic Warm-Up: Squats
- Feet shoulder width apart
- Arms outstretched in front of you
- Bend at the knees to a comfortable depth
- Perform 3 sets of 10 repetitions

2 Triceps Stretch
- Hold on to elbow with opposite hand
- Gently pull elbow behind your head until an easy tension stretch is felt in shoulder or triceps
- Perform 3 sets on each side holding for 15 seconds each

3 Lateral Neck Stretch
- Hold on to chair and move opposite ear to opposite shoulder
- Keep shoulders relaxed and downward during stretch
- Perform 3 sets on each side holding for 15 seconds each

4 Seated Piriformis Stretch
- Cross leg while seated
- Lean forward at hips
- Push down on knee to increase stretch
- Perform 3 sets on each side holding for 15 seconds each

5 Heel Raise & Toe Raise
- Hold on to chair or sturdy fixture
- Raise heels slightly off of the ground raising up on your toes
- Raise toes slightly off of the ground
- Perform 3 sets of 10 repetitions of each