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.

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.

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

Benefits of Stretching:

- Reduces muscle tension.
- Increased flexibility.
- Improves range of motion.
- Improves circulation.
- Promotes better posture.
- Relieve stress.
Routine 1

1 Shoulder Rolls
- Perform 3 sets of 10 circles going both forward and backwards

2 Trunk Rotation with Leg Crossed
- Sit with your left leg over your right leg
- Rest the hand of your right arm on the outside of your upper left thigh
- Apply steady, controlled pressure toward the right with your hand
- As you do this, look over your left shoulder and feel the stretch
- Repeat other side
- Perform 3 sets of 10 seconds on each side

3 Overhead Stretch
- Interlock fingers then turn your palms upward above your head as you straighten your arms
- To increase stretch, straighten elbows
- 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 Hamstring Stretch
- Sitting, hold onto your upper left leg just above and behind the knee
- Gently pull your bent leg toward your chest
- Repeat other side
- 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 Seated Trunk Rotation
- Gently turn torso at the waist and look over your shoulder until you feel the stretch.
- Repeat other side
- Perform 3 sets of 10 seconds on each side.

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. Shoulder Shrugs
   - Elevate both shoulders towards your ears
   - Perform 3 sets of 10 repetitions

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. Chest Stretch
   - With fingers interlocked behind your head, keep your elbows straight out to the side with your upper body erect.
   - Pull your shoulder blades toward each other to create a feeling of tension through your upper back and shoulder blades.
   - Hold for 5 seconds, then relax. Repeat 5 times.

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. One Hand Overhead Reach
   - Extend right arm above head
   - Reach down with left arm as you reach up with your right arm
   - Point your fingers
   - Hold for 10 seconds
   - Repeat other side
   - Perform 3 sets 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 Forward Arm Stretch
   - Interlock fingers, then straighten arms out in front of you
   - Palms should be facing away from you
   - Perform 3 times, holding each stretch for 10 seconds