

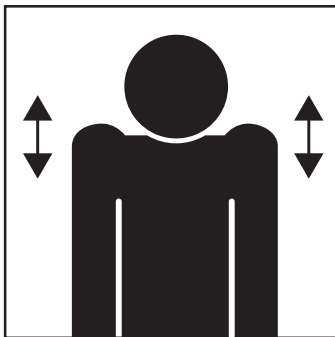
Workplace Stretches

Stretching muscles before physical activity can help prevent strains, pulled muscles and soreness; promote increased flexibility; and improve circulation.

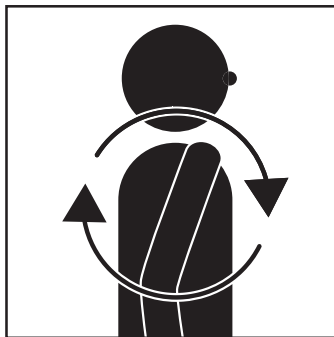


DIRECTIONS

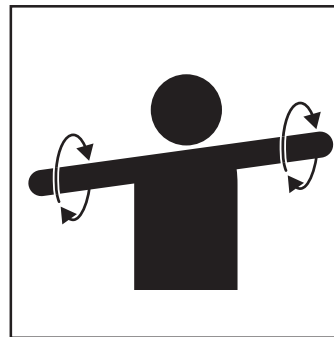
- Relax muscles before beginning a stretch.
- Stretch slowly and do not bounce.
- Stretch to the point of comfortable tension and hold.
- If you feel pain while stretching, stop and check that your technique is correct. If pain does not improve or go away, seek advice from your health care provider.
- Hold each position for 10 to 15 seconds.
- Repeat the stretching routine twice (do two sets) to improve flexibility.



Shoulder shrug: Move shoulders up, hold and relax.



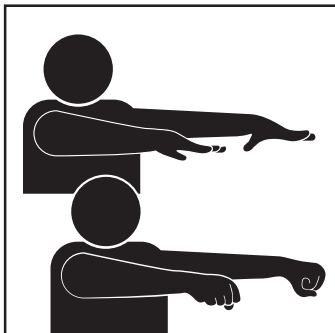
Shoulder roll: Roll shoulders up and back, hold, then switch directions.



Small arm circles: Move arms in small circles from the shoulder, then switch directions.



Large arm circles: Swing arms from shoulders in large circles, then switch directions.



Hand stretch: Make fists and hold. Open hands wide. Repeat movement to the front, sides and above head.



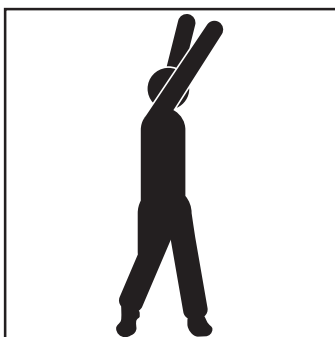
Wrist stretch: Bend your wrist upward and then downward and hold it.



Neck stretch: Hold top of head and bend your neck gently to the side and hold. Switch sides.



High reach: Reach arms high above head and hold.



Rotation stretch: Reach arms high above head and rotate at the hips in both directions.



Backward bend: Place hands on hips and bend your back, shoulders and head backward.



Squat: Place feet in a wide stance. Maintain balance and bend to a squatting position. Hold the position.



Hamstring stretch: Support your upper body with hands on your knee. Stretch leg in front. Pull toes back. Hold the position.