

STRETCHING: *in the work place*

Stretching and strengthening exercises should not cause pain or discomfort. If you experience any discomfort inform you team leader for assistance and go visit our on-site clinic.

Created by: Dr. Sami Pena, DC

Postural re-set at your desk



Upper body posture

Neutral position for your upper body should include: shoulder blades back and down as if putting the in your back pocket and ears in line with shoulders.

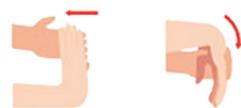


Lower body posture

Neutral position for your lower body should include: rib cage on top of pelvis with core and glutes engaged.

Wrist stretches

Hold arm out in front of you with fingers up and gently pull fingers/hand back towards you, then flip hand so fingers are pointing down and repeat. Hold for 3 min total.



Thoracic rotation

Sit with your feet on the floor and grab the outside of your right knee with your left hand. Rotate your body to face behind your chair while stretching your right arm toward the wall behind you. Repeat 10-12X then switch sides and repeat

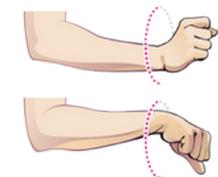


March in place

March in place by lifting knees and feet while simultaneously swinging arms. Alternate continuously for 1 minute to improve blood flow.

Wrist circles

Hold wrists out in front of you and gently move them in circles 20X then repeat going the opposite way. This will help improve blood flow to your wrists.



Thoracic Extension

Place a chair directly in front of your desk or a wall with your hands behind your head. Position your elbows in front of you and put them against the wall or onto desk. While in this position, push your chair back to extend through your mid back and drop your chest so that your head is level with your elbows. Hold this position for 2-3 seconds and repeat 10-15X.



Side bend stretch

With one arm, grab onto the side of your chair for support. With the other arm, raise it into the air and gently stretch towards the opposite side. Hold this position for 2-3 sec and repeat 10-15X then switch sides.

Neck stretch

With one arm grab the back of your chair to pull your shoulder down and with the other arm, gently pull your head towards your opposite arm pit. Hold for 5sec and repeat 10X then repeat on opposite side.



Chin tucks

Gently press chin back and then flex neck forward and down, hold for 5 sec and repeat 10-12X.



Glute stretch

Stand behind the back of your chair and place your hands on it for stability. Cross your right ankle over your left knee, then bend your left knee and hip to sit backward. Hold for 30sec then switch legs and repeat.

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Postural re-set for the lab



Upper body posture

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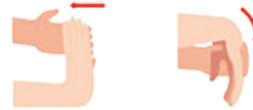


Lower body posture

Neutral position for your lower body should include: rib cage on top of pelvis with core and glutes engaged.

Neck stretch

With one arm grab the back of your chair to pull your shoulder down and with the other arm, gently pull your head towards your opposite arm pit. Hold for 5sec and repeat 10X then repeat on opposite side.



Wrist stretches

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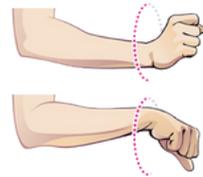


March in place

March in place by lifting knees and feet while simultaneously swinging arms. Alternate continuously for 1 minute to improve blood flow.

Overhead stretch

Interlock fingers and reach arms overhead pushing hands towards ceiling. Return to starting position and repeat for 1 minute.



Wrist circles

Hold wrists out in front of you and gently move them in circles 20X then repeat going the opposite way. This will help improve blood flow to your wrists.



Back bend stretch

Place hands on low back and push hips forward until back is fully extended. Look up towards ceiling to keep neck in line with spine. Hold 5 sec and repeat 10-12X.

Lat and Tricep stretch

Using one arm, place your hand on your upper back so your arm is behind your head. Using the opposite hand, gently pull on the elbow to increase the stretch. This can be held for 1 minute and repeat on opposite side.



Shoulder circles

Bring shoulders up towards ears then back and down into your back pockets. Return to the starting position moving shoulders into a circular motion for 1-2 min.

Standing hamstring stretch

Standing up stick one leg out in front of you. Gently bend the opposite knee and push hips back to create tension on the back of the straight leg. Repeat 10-12 times and then switch legs.



Side bend stretch

Interlock fingers and reach arms overhead pushing hands towards ceiling. Gently lean to one side. Repeat on opposite side. Return to starting position and repeat for 1 minute.



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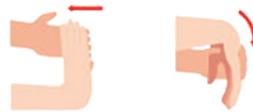
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Postural re-set for the drivers



Upper body posture

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Wrist stretches

Hold arm out in front of you with fingers up and gently pull fingers/hand back towards you, then flip hand so fingers are pointing down and repeat. Hold for 3 min total.



Chin tucks

Gently press chin back and then flex neck forward and down, hold for 5 sec and repeat 10-12X.

Wrist and Finger stretch

Reach one hand behind your head and the opposite hand behind your back and reach to interlock fingers. Pull fingers and hands towards one another while keeping neck straight. Hold for 10 sec and switch to opposite side repeat for 1 minute.



Ankle Circles

Kicking one leg out at a time with your leg fully extended move your ankle in circles going one direction and then repeat going the opposite direction. Switch legs and repeat. Perform 1 minute per leg

March in place

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Back bend stretch

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Side bend stretch

interlock fingers and reach arms overhead pushing hands towards ceiling. Gently lean to one side. Repeat on opposite side. Return to starting position and repeat for 1 minute.



Hip flexor stretch

Stand on one leg and hold onto wall or truck for balance. Kick one leg up toward onto to truck running board. Push hips/pelvis forward to increase stretch through front of thigh. Hold for 15 to 30 seconds. Return to the starting position and repeat on the opposite side.



Neck stretch

With one arm grab the back of your chair to pull your shoulder down and with the other arm, gently pull your head towards your opposite arm pit. Hold for 5sec and repeat 10X then repeat on opposite side.

Wall stretch

Stand in upright position in the center of a doorway or on one side of truck. With your elbows bent, place your forearms on the sides of the doorway at a 90 degrees, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position for 15-30 second and repeat.

