

Stretching and Moving for Your Health

How

These stretches and movements should be done slowly and smoothly. Do not move in a jerky motion. Continue to breathe normally throughout the exercise session. Do not hold your breath. Modify any movement or stretch if you experience discomfort.

How to Modify:

- Reduce the range of movement
- Reduce the number of repetitions
- Stop the exercise if none of the above helps

When

Stretch at least twice daily.

Office Environment:

Mid-morning and mid-afternoon.

Manual Material Handling

First thing in the morning before the workday begins and directly after lunch--at the start of the second half of the workday.

Take micro breaks frequently throughout the day. Perform 1-2 favorite exercises, repeating them 1-2 times, between work tasks or when getting up from a prolonged static posture.

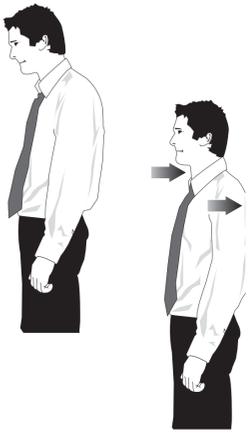
Consult with your physician before starting these exercises.

1. Warm Up



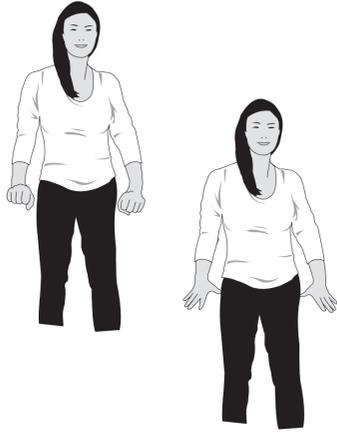
Prepare the body to stretch and move. Walk briskly around the work area, walk in place, or perform any moderate physical exercise to increase the core temperature of your body.

2. Neutral Standing



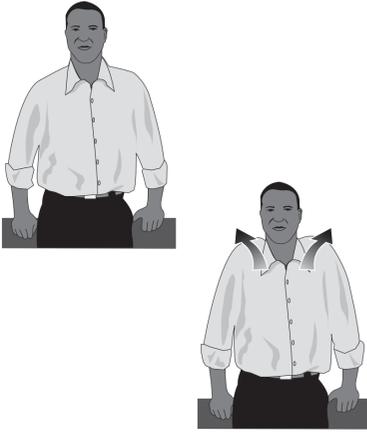
Take back what gravity has claimed! Stand tall. Relax your shoulders. Open your chest. Feet should form a comfortable base of support. Breathe normally.

3. Finger Stretch



Stand tall with your arms at your side. Slowly open and close your hands. When you open your hands, spread your fingers as wide as possible. Repeat 5X. Gently shake your hands when done.

4. Shoulder Roll



Standing in neutral posture, slowly shrug your shoulders upward, roll them back and then down. Repeat this cycle 5X. Don't turtle your head forward.

5. Reach for the Sky



Standing in neutral posture, reach up in front of your body over your head. Extend your reach as high as you comfortably can. Slightly extend your trunk and slowly lower your arms out to your sides. Open your chest as wide as possible. Repeat the movements 3X.

6. Side Bend Reach



Standing in neutral posture, reach overhead with one arm. Reach as high as you comfortably can. Gently side bend to the opposite side of the raised arm. Gently rotate your head toward the raised arm. Hold for 2-3 seconds, don't bounce. Repeat to the other side with the opposite arm raised. Repeat the movements 2X to each side.

7. Trunk Rotation



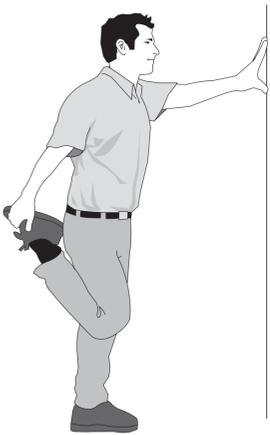
Standing in neutral posture, keep your pelvis forward, slowly rotate your upper body, and look behind you. Your arms can be extended or your hands be placed on your hips. Hold for 2-3 seconds and repeat to the other side. Repeat 2X both sides.

8. Backward Bends



(Avoid if you are pregnant.) Stand in neutral posture. Place your hands on your hips, slightly bend your knees, and gently lean backward. Hold for 5-10 seconds. Repeat 3X.

9. Thigh Stretch



Stand in neutral near a wall or desk. Use the wall or desk for support and balance with the left hand. Bend the right knee backwards and grasp the right ankle with the right hand. Pull the ankle gently toward your buttock. Hold for 3-5 seconds. Repeat both legs 2X.

10. Hamstring Stretch



Stand in neutral posture. Place right leg forward, left leg to the side, rotated up to 90 degrees outward and slightly bent. Keep your back straight and head upright. Lean forward over the right straight leg with a straight trunk. Hold for 3-5 seconds and repeat on the other side. Complete 2X both sides.

11. Hip & Buttock Stretch



Sit in a chair or stool. Cross one leg over the other. Keeping the back erect, lean forward while keeping the crossed leg parallel to the floor. Hold for 3-5 seconds. Reverse the legs and repeat to the other side. Repeat 2X both legs.

12. Calf Stretch



Standing in neutral posture, place most of your weight on the right foot. Place the left foot in front of the body. Bear weight on the left heel and raise the toes off the ground until a stretch is felt in the right calf. Hold for 3-5 seconds. Repeat 3X both legs.