

Stretch it Out TECHNICAL BULLETIN

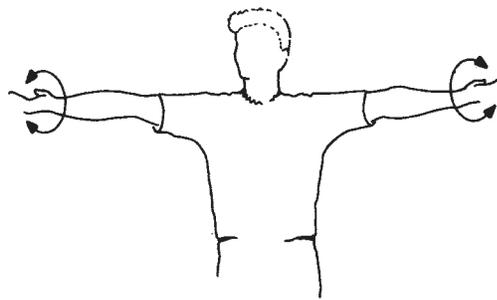
IMPORTANT GUIDELINES

If you have questions about your ability to perform any stretch, consult your physician.

- > Before each stretch, stand relaxed, feet shoulder's width apart, **knees slightly bent**, keep your back straight by **contracting your abdomen**.
- > Do the stretches at your own individual rate and ability.
- Remember: you're not competing.**
- > Stretch to the point of comfortable tension. **Do not strain when you stretch.**
- > Hold each stretch while you count to 10 **slowly** (20 seconds).
- > **Do not bounce** when stretching.
- > **Breathe** in a relaxed manner.
- > Make stretching a part of your **daily** routine (at the start of each work day and every couple hours or when fatigue starts to set in).



SHOULDER SHRUGS

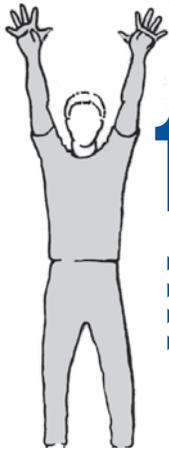


ARM CIRCLES



KNEES UP

WARM-UPS ↑



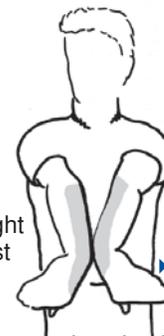
1 WAKE-UP STRETCH

- ▶ raise arms above head
- ▶ come up on your toes
- ▶ reach as high as you can
- ▶ flex and extend fingers while counting



2 WRIST EXTENSIONS

- ▶ extend both arms straight out in front of your chest
- ▶ place palms out, finger tips down



3 WRIST FLEXION STRETCH

- ▶ extend arms straight out in front of your chest
- ▶ place backs of wrists together
- ▶ flex fingers toward your body



4 NECK STRETCH

- ▶ slowly tilt left ear toward left shoulder
- ▶ repeat in all directions — right, front, and **carefully** back



5 UPPER BACK STRETCH

- ▶ grasp beyond right elbow with left hand
- ▶ pull arm horizontally across body while looking over right shoulder
- ▶ repeat on opposite side



6 SHOULDER STRETCH

- ▶ place left hand in center of upper back
- ▶ grasping beyond the elbow, pull left arm gently downward with right hand
- ▶ repeat on opposite side

continued...

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UPPER EXTENSION STRETCH

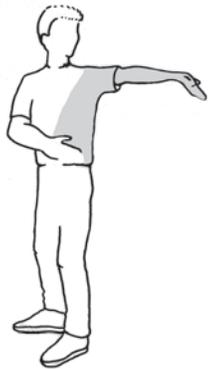
- ▶ place hands on lower back to maintain support
- ▶ carefully arch upper body backwards, keeping lower body stationary
- ▶ be careful not to over extend, keep head facing forward
- ▶ push forward with hands and arms for recovery



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SHOULDER ROTATION STRETCH

- ▶ clasp hands behind back, **if comfortable**
- ▶ keep knees slightly bent, feet shoulder width apart
- ▶ bend forward at waist to a **45° angle**, keep back straight, head in line with back
- ▶ lift arms upward
- ▶ slowly return to upright position by releasing hands and pushing hips forward



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LATERAL ROTATION STRETCH

- ▶ grasp left hip with right hand
- ▶ extend left arm out to left side, palm up, finger tips down
- ▶ rotate upper body and head to the left, keep hips forward
- ▶ repeat on opposite side



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LATERAL SIDE STRETCH

- ▶ place right hand on right hip
- ▶ extend left arm over head
- ▶ reach overhead with left arm while flexing and extending your fingers
- ▶ repeat on opposite side

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QUADRICEP STRETCH

- ▶ place right hand on stationary object for support
- ▶ with left hand, grasp left foot behind left hip, knee pointed downward
- ▶ pull foot upward



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CALF STRETCH

STRETCH

- ▶ assume stride position with left leg forward
- ▶ keep right leg straight with toes facing forward and heel flat on the floor, bend left knee
- ▶ place both hands above left knee, move hips forward
- ▶ repeat on opposite side

