

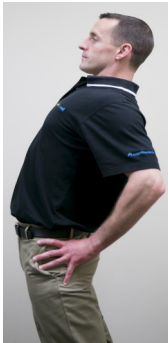
# Total Body Stretch Exercises

**Frequent stretching and body movement throughout the workday is important** to supply proper blood flow to your working muscles and tissues. Movement also helps prevent fatigue, discomfort, and can reduce your injury risk.

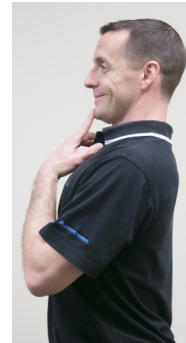
**Take a movement break two to three times per day, or up to every hour, as determined by your body's level of comfort.** Gently move into and out of each stretch, holding each stretch approximately 5-30 seconds. Stretches should not be forced, and should not cause any pain, numbness, or tingling. Some discomfort may be expected, but never pain.



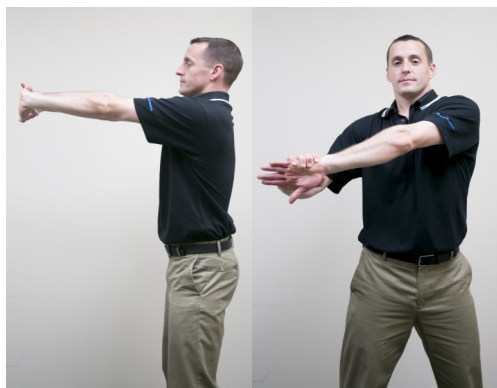
**Reach for the Sky**  
Great for the back shoulders.



**Standing Trunk Extension (Backward Bend)**  
Great for the lower back.



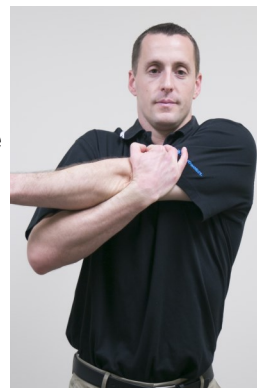
**Chin Tuck**  
Can help correct posture or headaches.  
Can help improve balance.



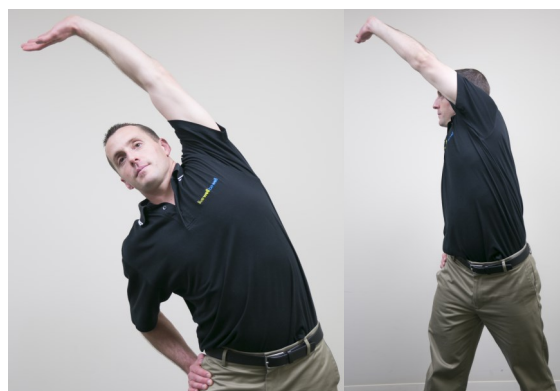
**Cat Back Stretch**  
Great stretch to reduce upper back, neck and mid-back fatigue, stress, and soreness.



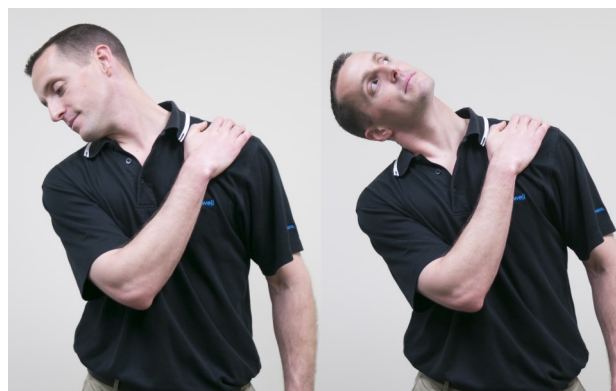
**Doorway Chest Stretch**  
This is a great stretch to reduce stiffness to your neck/ chest/ shoulders/ trunk and hips.



**Shoulder Stretch**  
A good stretch for the back and shoulders.  
Get a greater stretch by changing the angle of your shoulder across your body, either above or below shoulder level at an angle.



**Standing Trunk Side Bend and Rotation**  
If you feel any pain in your lower back and/ or shoulder bring your arms down and place them on your hips.

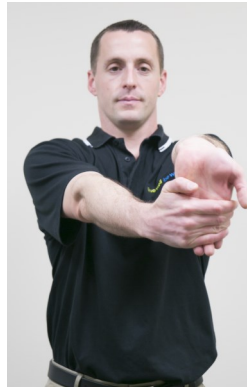


**Neck Stretch**  
This is a great stretch to reduce neck/ shoulder stiffness.



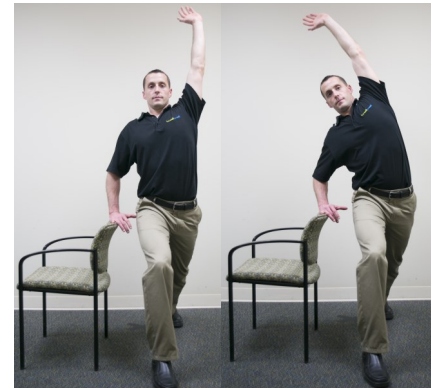
### Wrist Stretch

A great stretch to reduce wrist/ hand/ forearm fatigue and prevent or treat wrist tendonitis and/ or carpal tunnel.



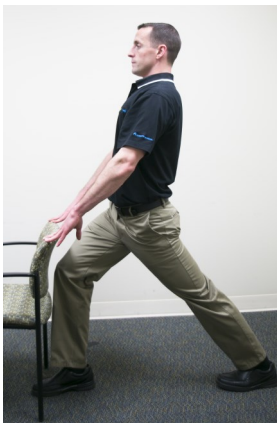
### Elbow Stretch

This stretch can help prevent or treat "Tennis elbow/ tendonitis of the elbow".



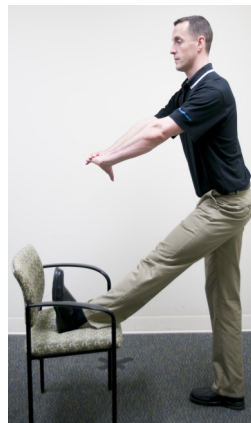
### Hip Flexor Stretch

This stretch can reduce lower back, shoulder, and knee pain making it a key stretch for those who sit for 4 or more hours a day.



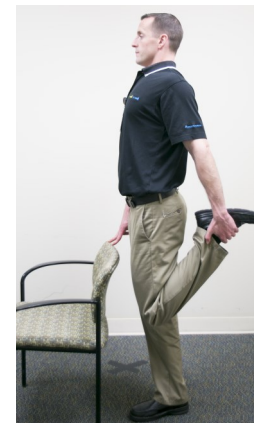
### Calf Stretch

Great stretch to restore proper function to your whole body



### Hamstring Stretch

This is a great stretch for the back of the legs and is especially important for those who sit for most of their workday



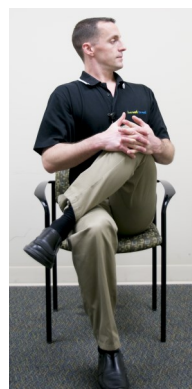
### Quadriceps Stretch

This helps to stretch the front of the leg and can help reduce knee, hip, and lower back pain.



### Hip Adductor / Groin Stretch

This stretch reduces stress to your lower back, knees, and hips.



### Sitting Piriformis Stretch

A key stretch to prevent or treat lower back pain, sciatic pain, and hip and knee pain. If you have sciatic nerve pain or lower back pain you must really be diligent in watching your seated and standing posture habits. Reduce toe out / knees out sitting positions, or crossing your legs/ sitting on your feet and reduce your time in these postures each day.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor.

#### Sources:

1. Work Smart - The Industrial Athlete Manual by Lauren Hebert DPT, OCS 96' from IMPACC USA. [www.IMPACCtraining.com](http://www.IMPACCtraining.com)
2. The Work Injury Consulting Practice "Chapter 7 - Stretching programs for the workplace" by Lauren Hebert DPT, OCS 1998.
3. Gray Institute "Functional Flexibility" [www.grayinstitute.com](http://www.grayinstitute.com)
4. Erik Nieuwenhuis MS, PT "The WorkSmart and Get Fit Guy." St. Luke's Iowa Health System