




Stretching Exercises

Try these stretches, after a 5-minute warm up, before you start tasks that require you to raise and lower the body and lift/move manual materials. It is recommended to:

- Warm-up before doing these exercises with general activity, such as walking or biking. You may also like trying this 5-minute instant recess on you tube: <https://www.youtube.com/watch?v=l-Xkxa86OPk>
- Be gentle with the stretching exercises. Only a mild stretching sensation should be felt without tingling or numbness into the calf or feet. Do not bounce into any stretches.
- These exercises should never cause pain.
- Hold stretches from 5-15 seconds up to 1 minute (as tolerated) and repeat 3-5 times.
- Remember to breathe during the exercises. It might help to count out loud to avoid holding your breath.

	<p><u>Double Knees to Chest</u> Starting position: On back with feet on floor Movement: Bring one knee up and then the other. Gently pull both towards your chest - feel a mild stretch in lower back Dosage: hold 5-15 seconds, repeat 3-5 times</p>
	<p><u>Single Knee to Chest with Heel Slide</u> Starting position: On back with feet on floor Movement: Bring one knee towards chest and hold while sliding the other leg straight Dosage: Hold 5-15 seconds, repeat 3-5 times each leg</p>
	<p><u>Cat/Camel</u> Starting position: Place hands under shoulders and knees under hips; engage stomach muscles; look between your hands and lift back of head toward ceiling Movement: From the neutral position, slowly round your spine, hold for 15 seconds, then slowly drop your spine (belly button) towards the floor (as shown in picture) Dosage: Hold position for 5-15 seconds, repeat 3-5 times each direction and finish with your spine in neutral position</p>



Calf Stretch

Starting position: Face the wall and place one leg forward with knee bent. Lean into the wall and place the leg to be stretched back while maintaining a straight knee. Make sure your toes are facing the wall.

Movement: Slowly lean forward into the wall towards the front leg and stretch the calf (back of lower leg). (When the back knee is bent from a stretched position the stretch will be felt lower in the calf, more in the Achilles tendon). Do both stretches.

Dosage: Hold position for 15 seconds, repeat 3-5 times each leg



Quadriceps or Stork Stretch

Starting position: Hold on to the top of the foot or grab the pant leg. Make sure you have balance by holding onto the wall or a chair.

Movement: Gently pull heel towards buttock. Squeeze the buttocks and flatten spine (DO NOT arch the back). Feel the stretch in front of the thigh.

Dosage: Hold position for 5-15 seconds, repeat 3-5 times each



Hamstring stretch

Starting position: Prop one leg up on chair, stool or curb

Movement: Lean forward slowly from the hip to stretch the hamstring muscle in the back of your leg. Keep your back straight and knee slightly bent.

Dosage: Hold for 15-30 seconds. Repeat on your other leg.



Partial Squat

Starting position: Place feet slightly wider than your hips and face away from chair

Movement: Slowly sit back towards chair (do not sit down) or you can do this without the chair and come back up to standing

Dosage: Hold position for 5 seconds, repeat 5 times

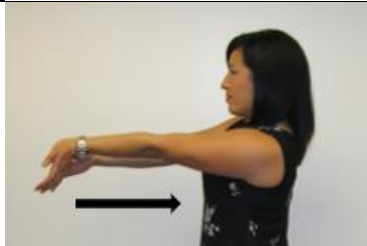


Back Stretch

Starting position: Stand with your feet about shoulder width apart. Don't lock your knees. Place your hands just above your hips with your fingers pointing downward.

Movement: Gently push your palms forward, bending back at the waist. Look straight ahead. Don't throw your head back.

Dosage: Hold a comfortable stretch for 10 to 12 seconds and then return to the upright position. Repeat 2 or 3 times.



Standing Wrist Extension Stretch -

Starting position: Begin in a standing position with one arm in front of your body, palm facing the ceiling.

Movement: With your other hand, bend your wrist backward keeping your elbow straight. You should feel the stretch in your forearm and wrist. Don't apply too much pressure – gentle.

Dosage: Hold for 5 seconds; 5 times on each arm.



Standing Wrist Flexion Stretch -

Starting position: Begin in a standing position with one arm in front of your body, make a fist.

Movement: With your other hand, bend your wrist downward keeping your elbow straight. You should feel the stretch in your forearm and wrist. Don't apply too much pressure – gentle.

Dosage: Hold for 5 seconds; 5 times on each arm.

Resources

Be Well at Work Ergonomics website: <https://uhs.berkeley.edu/bewellatwork/ergonomics>

Back Talk: Stretching and Strengthening Exercises (video)