OVERHAND SIDE NECK STRETCH
• With feet at hip width, put right hand on top of head toward left side
• Keep head facing forward and gently pull head with ear toward shoulder to right side
• Hold for 20-30 seconds
• Repeat with left hand on top of head toward right side
• Feel stretch: between shoulder and ear

SHOULDER STRETCH
• Bring right arm across the front of body toward the left side
• Hold right arm at elbow or above, gently pulling across the chest
• Hold for 20-30 seconds
• Repeat stretch with left arm
• Feel Stretch: back of shoulder and upper back

FOREARM/WRIST STRETCH
• With right arm straight out in front of body, grasp fingers of right hand with left hand
• Gently pull fingers of right hand back toward body
• Hold for 20-30 seconds
• Place left hand on top of fingers of right hand, gently pressing fingers toward the ground; hold for 20-30 seconds
• Reverse with left arm
• Feel stretch: forearms

HAMSTRING STRETCH
• Stand with right leg in front of left leg
• Keep right leg straight or slightly bent, left leg bent
• Bend forward from hip with back straight
• Repeat with other leg
• Feel stretch: back of thigh

Calf Stretch
• Stand facing wall or table with hand support
• Left leg is in front and bent; right leg is behind and straight
• Keep toes pointed straight ahead
• Lean and slide hips forward while pressing right heel into ground
• Hold for 20-30 seconds and repeat with left leg
• Feel stretch: calf

CHEST STRETCH
• With feet at hip width, bring both arms to back of body and interface hands
• Pull head back into chin tuck position
• Squeeze both shoulder blades together, pulling hands toward the floor
• Hold for 20-30 seconds
• Feel stretch: upper chest and front of shoulders

TRICEP STRETCH
• Raise right arm to the left behind head, elbow bent
• Grasp right elbow with left hand and gently pull toward center of body
• Keep chin parallel to floor, without dropping head onto chest
• Hold for 20-30 seconds and repeat with other side
• Feel stretch: back of arm and shoulders

SIDE BEND STRETCH
• With a wide stance raise right arm overhead in line with body
• Slowly reach overhead and to the left with right arm, sliding left arm down left leg
• Hold for 20-30 seconds and repeat with other side
• Feel stretch: side of body

STANDING QUAD STRETCH
• Stand on left leg using table or chair for balance
• Bend knee of right leg while grabbing ankle or foot with right hand
• Pull ankle gentle toward buttocks with knees close together
• Hold for 20-30 seconds and repeat with left leg
• Feel stretch: front of thigh

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