



Work Stretching

Exercises that physically prepare UC Berkeley faculty and staff for work



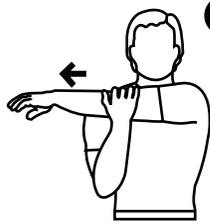
1 OVERHAND SIDE NECK STRETCH

- 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



2 CHEST STRETCH

- With feet at hip width, bring both arms to back of body and interlace 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



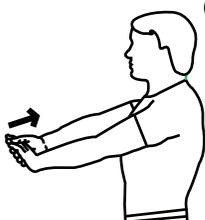
3 SHOULDER STRETCH

- 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



4 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



5 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



6 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



7 HAMSTRING STRETCH

- Stand with right leg in front of left
- 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



8 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



9 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



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