



Work Stretching

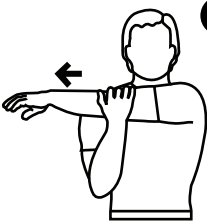
Exercises that physically prepare UC Berkeley faculty and staff for work



- 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



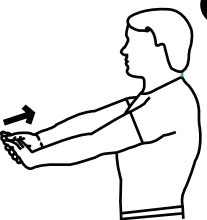
- 2 CHEST STRETCH**
 - With feet at hip width, bring both arms to back of body and interlace hands
 - Pull head back into chin tuck position
 - Squeeze both shoulder blades together, pulling hands toward the floor
 - Hold for 20-30 seconds
 - Feel stretch: upper chest and front of shoulders



- 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



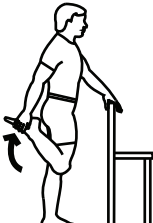
- 5 FOREARM/WRIST STRETCH**
 - With right arm straight out in front of body, grasp fingers of right hand with left hand
 - Gently pull fingers of right hand back toward body
 - Hold for 20-30 seconds
 - Place left hand on top of fingers of right hand, gently pressing fingers toward the ground; hold for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



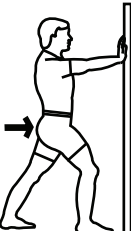
- 6 SIDE BEND STRETCH**
 - With a wide stance raise right arm overhead in line with body
 - Slowly reach overhead and to the left with right arm, sliding left arm down left leg
 - Hold for 20-30 seconds and repeat with other side
 - Feel stretch: side of body



- 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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