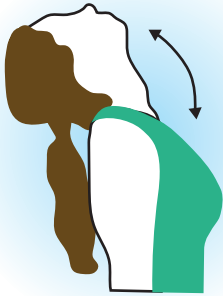


Time Stretch

WORKPLACE STRETCHING GUIDE

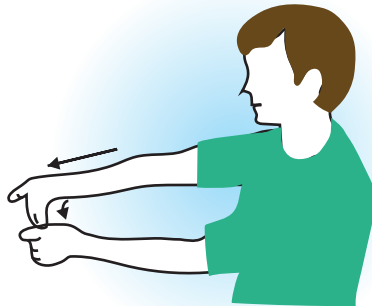
Hold each stretch for 20 – 30 seconds. In each position, you will feel the stretch, but there should be no pain.



1

NECK STRETCH

Rotate your neck to look to each side, look up and down, and put each ear to each shoulder.



2

FOREARM RELEASE

With arms outstretched in front, alternate between pulling palm and back of hand towards you.



3

TRICEP STRETCH

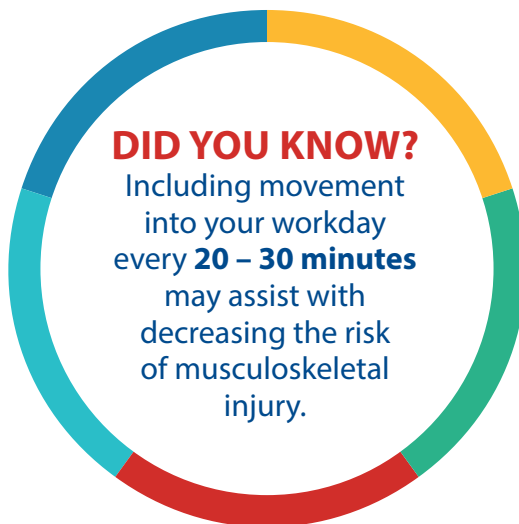
Reach one arm behind to touch opposite shoulder blade. Use opposite hand to gently push arm down.



4

FORWARD FOLD

Start with chin to your chest and slowly roll down until you're hanging forwards completely relaxed. This can be done sitting or standing.



DID YOU KNOW?

Including movement into your workday every 20 – 30 minutes may assist with decreasing the risk of musculoskeletal injury.



5

CHEST OPENER

Stand up straight and spread arms apart. Squeeze shoulder blades together pulling your arms backwards.



6

BACK BEND

Place hands on your lower back for support and gradually bend back from the hips until stretch is felt.



7

SIDE BEND

Clasp hands together overhead. Slowly bend to one side from hips until stretch is felt. Repeat on opposite side. This can be done sitting or standing.



8

HIP FLEXOR STRETCH

Lunge down on one knee with other leg outstretched behind, forefoot flat on the ground. Push hips forward until a stretch is felt on the front of the hip.