Workday Stretches

**Forearm Stretch**

**Preparation:**
- Sit with good posture

**Execution:**
- Palms together
- Lift elbows, as in praying
- You should feel a stretch in your forearms

**Piriformis Stretch**

**Preparation:**
- Sit with good posture
- Have one knee crossed over the other as shown

**Execution:**
- Bring knee towards opposite shoulder
Gluteus Stretch

**Preparation:**
- Sit with good posture
- Have one foot on top of the opposite knee as shown

**Execution:**
- Push knee down
- To increase the stretch, lean slightly forward

Triceps Stretch Overhead

**Execution:**
- Arm above your head, elbow bent
- Pull arm down to stretch the back of your arm

Hamstring Stretch

**Preparation:**
- Sit on the edge of a chair

**Execution:**
- Put one leg out front
- Keep your knee locked
- Lean forward from the hips
- You should feel a stretch in the back of your leg
Wrist Flexion PROM

Execution:
- Palm up
- Bend your wrist upwards
- Use your other hand to assist with this motion

Pec Stretch (Wall)

Preparation:
- Stand with palm of stretching hand flat on the wall, below shoulder height

Execution:
- Rotate body gently to feel stretch

Upper Trapezius Stretch

Preparation:
- Hand of the side being stretched tucked behind body

Execution:
- Bring your ear to the opposite shoulder and your chin towards your chest
- Now look slightly over the shoulder being stretched