

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



Palms together



Lift elbows, as in praying

Piriformis Stretch

Preparation:

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

Execution:

- Bring knee towards opposite shoulder



Start Position



Keep good posture



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



Start Position - Push knee down



Lean forward to increase stretch



Push knee down, lean forward to increase stretch

Triceps Stretch Overhead

Execution:

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



Pull arm overhead and down back

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



Eyes and head forward, hands resting on thigh, toes toward the ceiling



Hinge at hips to feel stretch in the back of the thigh

Wrist Flexion PROM

Execution:

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



Palm up



Bend wrist upward



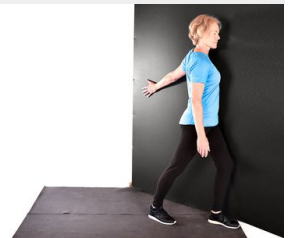
Pec Stretch (Wall)

Preparation:

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

Execution:

- Rotate body gently to feel stretch



Head in alignment with spine, eyes and head forward, belly button pulled in, feet forward

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



Ear to armpit