

Stretching For The Workplace

Hold stretches for 30 sec and repeat at least 2 times a day.



CALF MUSCLE STRETCHES

Place your toes and the ball of your foot on the leg of your chair, hold onto the chair and lean in. You will feel the stretch in the top of your calf. To stretch the bottom portion of your calf muscles, bend your knee slightly.



PECTORAL WALL STRETCH

Stand facing a corner and place your hands flat against the wall just above head level on each wall. With your elbows at a 90 degree angle, take a small step forward and slightly lean into the corner, feeling a stretch in your chest.



CARPAL TUNNEL STRETCHES

Flexion – Keeping elbow straight, grasp involved hand and slowly bend wrist down until a stretch is felt.
Extension – Keeping elbow straight, grasp involved hand and slowly bend wrist up until a stretch is felt.

Hold Stretch for 30 seconds and repeat as needed



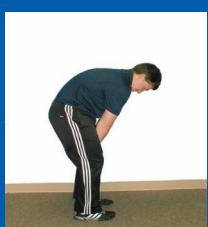
PIRIFORMIS STRETCH

Stand in front of a stable chair and place your foot furthest from the chair sideways onto the seat of the chair so that your knee bend and points out to the side. Keeping your stabilizing knee just slightly bent, bend at the waist until you feel a stretch in the "back pocket".



SHOULDER AND CHEST STRETCH

Stand facing a wall. Place both hands on the wall just above head level. Slowly lower shoulders and neck as if dropping your chin to the floor.



SCAPULAR STRETCH

Place one hand between your knees while bending over. Allow your knees to tightly grip your hand, and then lift your shoulder up.



CHEST STRETCH

Stand up straight. Fold your hands over each other behind your back. Then gently squeeze your shoulder blades together and lift your hands upward.



LOWER BACK AND SIDE STRETCH

Place one hand on seat of chair and reach for the ceiling with the other hand. Look to the side while gently rotating your torso.



IT BAND STRETCH

Stand next to a stable chair and cross one leg behind the other with ankles touching. Hold on to the chair with one hand and bend the opposing arm up and over your head while bending your body towards the chair.



QUADRICEPS STRETCH

Stabilize body by holding onto the back of your chair with one hand. With your other hand pull your foot up behind your buttocks. Keep your knees together.



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CHIN NOD

Stare straight ahead, then pull your chin back and down slightly.



PRAYER STRETCH

Place hands together in a prayer position and lift elbows so they are level with hands.



SEATED PIRIFORMIS STRETCH

Sit in your chair and cross your legs so that your right ankle is across your left knee. Gently push down on your right knee. Switch.



LEVATOR AND SCAPULAR STRETCH

Sit in your chair. Place one hand on the back of your head and turn your head to the side. Hold onto the side of your chair with your other hand. Gently pull head down and to the side.



SHOULDER AND UPPER BACK STRETCH

Stand up straight. Cross one arm over your body, parallel with the ground. Using your other hand, pull your crossed arm inwards and towards your other shoulder.