



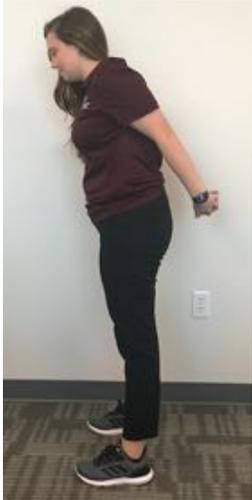
## Additional Stretches

Stretch	Photo	Instruction
Shoulder Shrug		<ul style="list-style-type: none"><li>• Stand with a neutral posture and arms by your sides.</li><li>• “Shrug” or lift the shoulders, bringing them closer to the ears.</li><li>• Roll shoulders back bringing them back to neutral position.</li></ul>
Neck stretch		<ul style="list-style-type: none"><li>• While standing and looking forward, bring ear to shoulder.</li><li>• Return you head to neutral position.</li><li>• Repeat on the other side.</li></ul>

Source: SAIF Stretch and Flex

Source: University of British Columbia Health Promotions Programs. (n.d.). Stretching Guide.

Retrieved from <http://www.hr.ubc.ca/health/files/Ergonomics-Stretching-Guide.pdf>

<p>Rotator Cuff Stretch</p>		<ul style="list-style-type: none"> <li>● Place arm above head in the air. Bend elbow and place palm on upper back.</li> <li>● Place opposite hand in the middle of your back.</li> <li>● If possible, move hand closer together and grasp hands.</li> <li>● Repeat with hands in opposite places/ other side.</li> </ul>
<p>Back extension stretch</p>		<ul style="list-style-type: none"> <li>● Stand with spine in a neutral posture.</li> <li>● Place hands on lower back.</li> <li>● Arch back to lift chest, while not tilting the head backward.</li> </ul>
<p>Shoulder stretch</p>		<ul style="list-style-type: none"> <li>● Stand in a neutral posture with feet shoulder width apart.</li> <li>● Put both hands behind the back and grasp them.</li> <li>● Straightening elbows until a stretch is felt.</li> <li>● Keep body upright during stretch (i.e. do not bend forward).</li> </ul>

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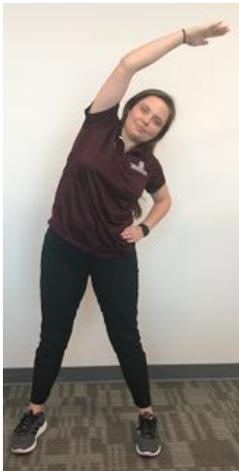
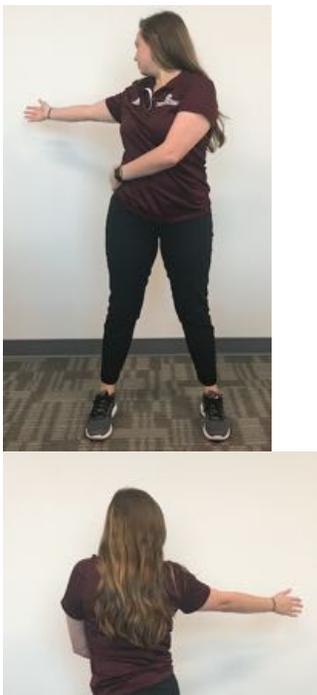
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<p>Reach High</p>		<ul style="list-style-type: none"> <li>● Assume a neutral posture with feet shoulder width apart.</li> <li>● Reach your arms overhead as high as you can to stretch.</li> <li>● Remember to spread your fingers to maximize stretch.</li> </ul>
<p>Wrist curl stretch</p>		<ul style="list-style-type: none"> <li>● Place arms at your sides and make loose fists. Be sure that your knuckles are facing forward.</li> <li>● Pull wrists toward elbows.</li> <li>● Hold stretch for a few seconds and then repeat.</li> </ul>
<p>Palm Press stretch</p>		<ul style="list-style-type: none"> <li>● Place palms together and hands in front of chest.</li> <li>● Push hands together and lower them until a stretch is felt.</li> <li>● Remember not to allow shoulders to raise.</li> <li>● Hold stretch for a few seconds and repeat.</li> </ul>

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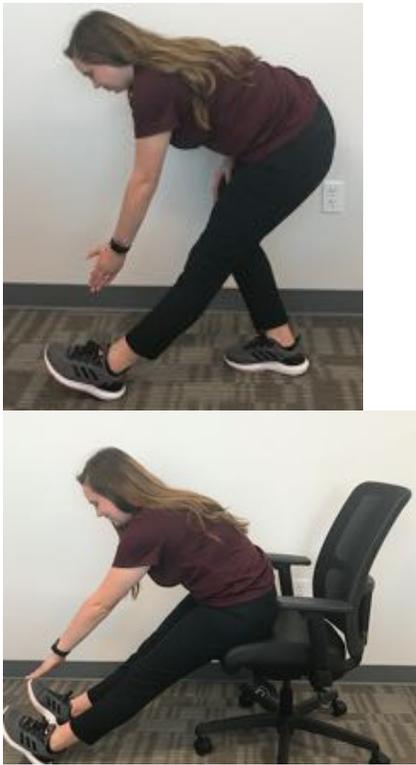
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<p>Side Bending Stretch</p>		<ul style="list-style-type: none"> <li>● Stand with a neutral posture and feet shoulder width apart.</li> <li>● Place one hand on your hip and the other above your head.</li> <li>● Reach the overhead arm to the other side of the body. Allowing the torso to bend.</li> <li>● Hold stretch for a few seconds and then repeat on the other side.</li> </ul>
<p>Side Turning Stretch</p>		<ul style="list-style-type: none"> <li>● Stand in neutral posture.</li> <li>● Place one hand on your waist and extend the other out to your side, parallel to the ground.</li> <li>● Reach the extended arm toward the back, while looking over your shoulder at your hand.</li> <li>● Make sure to keep palm facing forward and thumb up.</li> <li>● Hold stretch for a few seconds, release, and perform stretch on the opposite side</li> </ul>
<p>Cat Stretch</p>		<ul style="list-style-type: none"> <li>● Stand with feet shoulder width apart. Slightly bend knees, while placing your hands on your knees.</li> <li>● Allow you back to arch and then release and round your back.</li> <li>● Repeat stretch.</li> </ul>

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<p>Hamstring</p>		<ul style="list-style-type: none"> <li>• Variation 1: Stand up with one foot slightly in front of the other.</li> <li>• Bend one knee, while extending the other leg so only the heel is on the floor.</li> <li>• Lean forward to stretch the hamstrings, while keeping a neutral spine posture.</li> <li>• Variation 2: Sit towards the edge of the chair.</li> <li>• Extend one or both legs and reach toward toes, while keeping neutral spine posture.</li> <li>• Repeat stretch on opposite side if applicable.</li> </ul>
<p>Quad</p>		<ul style="list-style-type: none"> <li>• Stand with feet slightly apart and brace yourself by placing hand on chair or wall.</li> <li>• Grasp on ankle with hand and pull it toward your back.</li> <li>• Be sure to keep knees close together.</li> <li>• Hold stretch for 20 seconds.</li> <li>• Perform stretch 2 times on each side, switching sides between sets.</li> </ul>

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Calf		<ul style="list-style-type: none"> <li>• Stand up with one foot slightly in front of the other.</li> <li>• Bend front knee back knee until stretch is felt in calf.</li> <li>• Keep both feet fully on the ground.</li> <li>• Hold stretch for 20 seconds.</li> <li>• Perform stretch twice on each side, switching sides between sets.</li> </ul>
Hands		<ul style="list-style-type: none"> <li>• Spread fingers wide and hold for a few seconds.</li> <li>• Then make fists and hold for a few seconds.</li> <li>• Repeat a few times.</li> </ul>
Gluteus		<ul style="list-style-type: none"> <li>• While seated, cross knee over other leg.</li> <li>• Gently pull knee toward chest and hold for 20 seconds.</li> <li>• Perform stretch twice on each side, switching sides between sets.</li> </ul>

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