

The Spine; Back and Neck Stretching

Why Perform Warm-up Stretching?

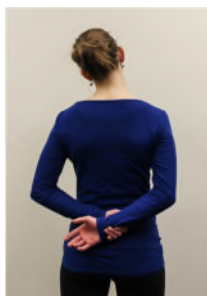
Warm-up stretching can prepare *you* for work and provide relief from discomfort. Warm-up Stretching should be performed *at least* 2 times a day to release tension in the muscle and improve flexibility, lubricate the joint, and improve blood flow. Ideally stretching should be performed at the beginning or shift and after breaks and as needed to relieve discomfort. End range or painful stretching and bouncing while stretching should be avoided.

Back of Neck Stretch:

Bring the ear to your shoulder and then tuck your chin to enhance the stretch

Hold the wrist on the same side as the stretch to stabilize the shoulder.

Hold 10-15 seconds. Repeat 2-3 times per side.



Front of the Neck Stretch:

Hold the collar bone down. Look up and away from the side you are stretching.

Hold 10-15 seconds. Repeat 2-3 times per side.

Caution: may cause dizziness. Stop stretching if dizziness occurs.



Back Extension Stretch:

With your hands on your hips to stabilize the pelvis, tuck your chin and extend the spine backwards. Hold 5-10 seconds. Repeat 5-10 times.

This is especially helpful after performing work that requires back bending.



Neutral Back Stretch:

Stand with your feet shoulder width apart. Reach upward as high as you can and hold 10-15 seconds. Repeat 3 times.



Shoulders and Legs

Cross Body and Overhead Shoulder Stretch:

With the elbow and shoulder relaxed draw the arm across the body. Hold the arm in place just above, not over the elbow.

Now place the arm over the head and use the elbow to hold the arm in place. Gently press the arm backwards.

Hold each stretch 10-15 seconds. Repeat 3 X per side and per stretch.

Shoulder Blade Squeeze

With your elbows bent to 90 degrees, roll the shoulders back and draw your shoulder blades down and together

Hold 5-10 seconds, Repeat 5-10 X

Cross-body shoulder stretch



Overhead shoulder stretch



Forearm Stretches

With the elbow s straight and palm down, curl the fingers and bend the wrist downward. Hold 10 seconds.

Then turn the palm up and with the fingers extended bend the wrist downward. You may use the opposite hand to provide additional stretch. Hold 10 seconds.

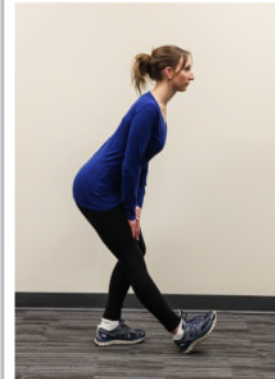
Repeat 3 times each direction on both arms.



Hamstring Stretch:

Place one leg in front with the knee straight and toes pointed upward. With a straight back, bend at the hips to feel a stretch down the back of the leg.

Hold 10-15 seconds X 3 X / leg



Hip Flexor and Calf Stretch:

Lunge forward with the leg extended behind. To stretch the calf, press the heel of the foot down and keep the knee straight. Hold.

To stretch the hip flexor, lift the heel and press the hip forward.

Hold 10-15 seconds X 3 X / leg / stretch

