



WORKSITE STRETCHING PROGRAM

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Warm-up Exercises - The Guidelines

- Contact your Physician prior to doing stretches or exercises if under medical treatment or have undergone joint/muscle/ligament/tendon surgery
- Contact a Physical Therapist prior to doing stretches or exercises if you have a musculoskeletal injury or condition
- Perform exercises within your comfort zone. If discomfort persists - **STOP**
- Breathe naturally
- Exercises should be done slowly and smoothly in a safe location while on a stable/non-slip surface - **DO NOT** bounce

Stretching - The Guidelines

- ❑ Warm up for 5 minutes prior to stretching
- ❑ Stretches are tailored to commonly performed job duties
- ❑ Trained instructors should educate all employees prior to initiation of stretching program
- ❑ Refer to specific stretch **CONTRAINDICATION** information before performing stretches
- ❑ Compliance should be monitored
- ❑ Stretch at appropriate work times throughout the day

Stretching - The Rules

Stop the stretch if you feel pain, dizziness or referred symptoms into the extremities

Gentle

- Aggressive stretching is ineffective and likely to result in soreness and injury
- Hold at the position where tension/stretch/mild discomfort is FIRST felt

Prolonged

- 20-30 seconds (unless otherwise stated)

Repetitive

- 2-3 times per stretch
- 5-8 times per day for postural and frequently used muscles

Neck Extension

- **CAUTION** should be taken if you suffer from dizziness or have been diagnosed with a cervical disc condition, as aggressive stretching may aggravate symptoms

❏ Start Position

- ✓ Place fingers behind the base of the neck

❏ End Position

- ✓ Place fingers behind the base of the neck
- ✓ Slowly stretch your neck backwards, extending the neck over your fingers.
- ✓ Repeat 10 times
- ✓ Do NOT hold this particular stretch for 30 seconds



Chin Stretch

- **CAUTION** should be taken if you suffer from headaches or have been diagnosed with a cervical disc condition, as aggressive stretching may aggravate symptoms
- **DO NOT** push on the chin if you suffer from TMJ (jaw) pain



- **Start Position**
- ✓ Place fingers on chin while looking straight ahead
- ✓ Use fingers to gently guide chin backwards to form a double chin



- **End Position**
- ✓ Maintain chin tuck while gently/slowly moving your chin towards the chest
- ✓ Hold for 30 seconds

Chest Stretch #1



- **CAUTION** should be taken as you straighten your elbows (slowly), as rapid or aggressive stretching may aggravate symptoms

- Clasp fingers behind your low back and stretch your arms back and slightly upwards while sticking out your chest
- Be careful not to arch your lower back or lean forward
- Hold for 30 seconds

Chest Stretch #2

- **CAUTION** should be taken as you straighten your elbows (slowly), as rapid or aggressive stretching may aggravate symptoms
- Gently grasp a fixed pole
- Stand with feet shoulder width apart
 - ✓ Gently twist away from the stretched arm
 - ✓ Contract the abdominal muscles and keep lower back straight
 - ✓ Hold for 30 seconds
 - ✓ Repeat on opposite side



Rear Shoulder Stretch

- **CAUTION** should be taken if you have been diagnosed with an AC (Acromioclavicular) joint or SC (Sternoclavicular) joint condition, as forceful stretching may aggravate symptoms
- ❑ Bring arm across your chest
- ❑ Give gentle overpressure with the opposite arm until tension is felt
- ✓ Hold for 30 seconds
- ✓ Repeat on other arm



Triceps Stretch

- **CAUTION** should be taken if you have been diagnosed with a Rotator Cuff or other shoulder joint condition, as forceful stretching may aggravate symptoms
- ❑ Bring arm up so that your elbow is level with the top of your head
- ❑ Give gentle overpressure with the opposite arm until tension is felt
- ✓ Hold for 30 seconds
- ✓ Repeat on other arm



Wrist Extensors

- **CAUTION** should be taken if you have been diagnosed with Carpal Tunnel Syndrome, as forceful stretching may aggravate symptoms
- **DO NOT** perform this stretch if you have recently had tendon repair surgery in the hand, wrist or forearm



□ Start position

- ✓ Make a light fist
- ✓ Keep elbow straight

□ End position

- ✓ Opposite hand provides the “stretch” and maintains curled fingers
- ✓ Hold for 30 seconds
- ✓ Repeat with other hand

Wrist Flexors

- **CAUTION** should be taken if you have been diagnosed with Carpal Tunnel Syndrome, as forceful stretching may aggravate symptoms
- **DO NOT** perform this stretch if you have recently had tendon repair surgery in the hand, wrist or forearm



□ Start position

- ✓ Straighten fingers and extend wrist
- ✓ Keep elbow straight

□ Stretched position

- ✓ Opposite hand provides the “stretch” through the straightened fingers
- ✓ Hold for 30 seconds
- ✓ Repeat with other hand

Thumb / Wrist Stretch

- **CAUTION** should be taken if you have been diagnosed with DeQuervain's Tendonitis, as forceful stretching may aggravate symptoms
- **DO NOT** perform this stretch if you have recently had tendon repair surgery in the hand, wrist or forearm



□ Start Position

- ✓ Make a light fist with your thumb tucked inside

□ End Position

- ✓ Slowly/gently bend wrist downwards until tension is felt
- ✓ Hold for 30 seconds
- ✓ Repeat with other hand

Wall Climb Stretch

- **CAUTION** should be taken if you suffer from sciatica or have been diagnosed with a lumbar disc condition, as aggressive stretching may aggravate symptoms
- Face the wall with your hands positioned out in front of you rested on the wall
- Walk your hands up the wall until your arms are fully elevated and upper back is arching backwards
- Hold for 30 seconds



Low Back Side Bend



- **CAUTION** should be taken if you suffer from sciatica or have been diagnosed with a lumbar disc condition, as aggressive stretching may aggravate symptoms
- **Start Position**
 - ✓ Feet flat on floor, shoulder width apart
 - ✓ Stand up straight (shoulders back, chest out)
- **End Position**
 - ✓ Lean to the side (with/without arm over head)
 - ✓ Hold for 30 seconds
 - ✓ Return to start position
 - ✓ Repeat on opposite side

Standing Low Back Flexion

- **CAUTION** should be taken if you suffer from sciatica or have been diagnosed with a lumbar disc condition, as aggressive stretching may aggravate symptoms

□ Start Position

- ✓ Place one foot on a stable surface (make sure that the weight bearing foot is on a stable, non-slippery surface)

□ End Position

- ✓ Bend forward through the hips until your chest touches your thigh
- ✓ Hold for 30 seconds
- ✓ Return to standing position (use hands on thigh if required)
- ✓ Repeat with other foot resting on a stable surface



Low Back Extension

• **CAUTION** should be taken if you suffer from sciatica or have been diagnosed with a lumbar disc condition, as aggressive stretching may aggravate symptoms

- ❑ Stand with your feet shoulder width apart
- ❑ Place hands behind lower back/hips
- ❑ Slowly stretch backwards, extending your lower back over your hands
- ❑ Repeat 5-10 times
- ❑ Do NOT hold for 30 seconds
- ❑ Do NOT extend your neck
- ❑ Do NOT bend your knees



Thigh Stretch

- **CAUTION** should be taken if you suffer from sciatica, have been diagnosed with a lumbar disc condition or knee joint condition, as aggressive stretching may aggravate symptoms
- Stand with one hand holding onto firm support
- Stand up straight (shoulders back, chest out)
- Tighten stomach muscles
- Grasp one leg by the ankle and gently bring the heel closer to buttocks
- Keep the knee pointed towards the floor and as close as possible to the other leg
- Hold for 30 seconds, repeat stretch on opposite leg



Standing Hamstring Stretch

- **CAUTION** should be taken if you suffer from sciatica or have been diagnosed with a lumbar disc condition, as aggressive stretching may aggravate symptoms
- ❑ Place the heel of one foot on the floor
- ❑ Bend knees slightly on back leg
- ❑ Slowly bend forward from the hips, keeping back straight, do NOT force the stretch
- ❑ Hold position for 30 seconds when a stretch is felt in the back part of your front leg
- ❑ Reverse leg positions, repeat stretch on opposite leg



Calf Stretch #1

- **DO NOT** perform this stretch if you have recently undergone ankle or foot surgery
- Stand facing a wall, feet shoulder width apart, toes pointing towards wall
- Step forward with one foot
- Press heel of back foot to floor while bending forward leg
- Hold position for 20-30 seconds when a stretch is felt in the calf/Achilles tendon region of back leg
- Reverse leg position, repeat stretch



Calf Stretch #2

- **DO NOT** perform this stretch if you have recently undergone ankle or foot surgery, suffer from sciatica or have been diagnosed with a lumbar disc condition
- Stand facing a wall, feet shoulder width apart, toes pointing towards wall
- Step forward with one foot and place ball of foot against the wall
- Keep heel of front foot touching the floor while keeping the front knee straight and gently pushing your hips forward
- Hold position for 30 seconds when a stretch is felt in lower leg of back leg
- Reverse leg position, repeat stretch

