



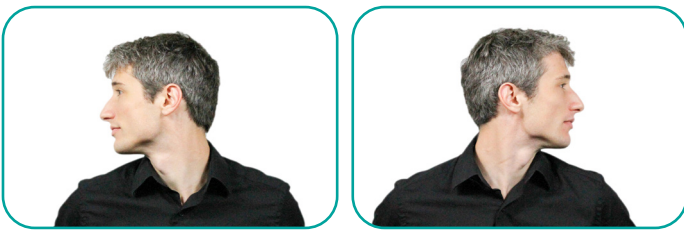
Workplace stretches for employees

The stretching tips below are specifically targeted to build strength and minimize the risk of workplace injury and stress. Perform these stretches daily for best results.*

1

Side of the neck stretch

Reps: 2



Slowly turn head from side to side and pause.

2

Shoulder shrugs

Reps: 3



Lift shoulders up and down.

3

Overhead shoulder stretch

Reps: 2 Seconds: 20



Push arms over head, grab hands and lock elbows.

4

Side deltoid stretch

Reps: 1 Seconds: 20

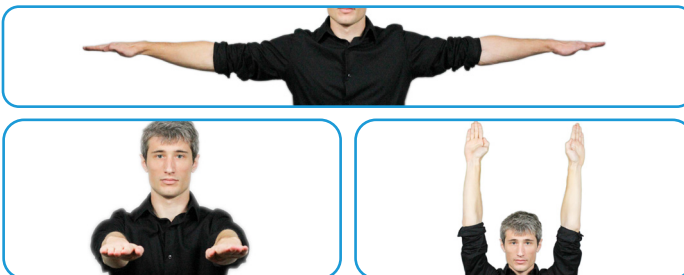


Reach arm across body lightly using the other arm to stretch.

5

Arm circles

Reps: 10 (each position)



Stand with arms out to the side, and move them in tight circles. Then, continue with arms in front, then above. Reverse the circles on the side, back and front.

6

Hamstring stretch

Reps: 2 Seconds: 20

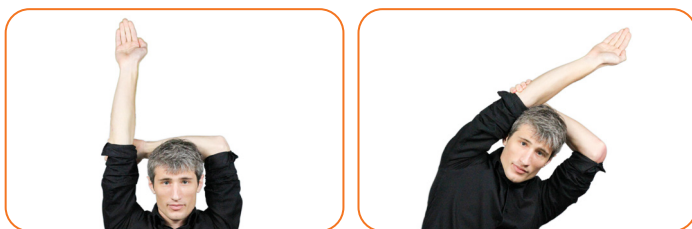


Place right foot in front with toes pointed up. Slightly bend left leg and try to touch your toes. Don't bounce and keep hips straight.

7

Torso stretch

Reps: 1 Seconds: 20



Raise right arm up and place left arm behind head. Bend knees and lean to the left.

9

Hanging low back stretch

Reps: 1 Seconds: 20



Starting with hands on upper thighs, slide hands slowly to floor.

11

Quad stretch

Reps: 1 Seconds: 20



Lift right leg and keep standing leg slightly bent. Push right foot into hand and shift hips forward.

8

Core stretch

Reps: 1 Seconds: 20



Place hands on lumbar lower back, trying to touch elbows. Slowly look up, stretching lower back.

10

Front thoracic stretch

Reps: 2 Seconds: 20



Clasp hands, bend knees and push hands forward.

12

Calf stretch

Reps: 1 Seconds: 10-15



Place right leg back with heel on the ground. Bend left knee. Lean slightly forward.

*If you have any preexisting medical condition, please contact your physician before performing occupational stretches.

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