

## Stretching Program

Working in an environment that requires a variety of movement such as standing, squatting, carrying, lifting, etc., can overwork muscles.

The Take Ten Stretching program for active workers can help reduce and control unwanted muscle tension and tightness. Most of these stretches may be done standing or sitting within your work space. When standing, remember to keep your knees slightly bent to protect your back and give you stability. Remember to stretch to a point where you feel mild tension. Breathe slowly, rhythmically and under control. Always stretch within your comfortable limits and never to the point of pain.



**Complete 2-3 repetitions of each stretch and hold for 20-30 seconds each**

- Remember to breath
- Perform stretches bilaterally
- Stretch until you feel slight discomfort but not pain
- Avoid sustained awkward positions

### #1 Standing Back Extension

Stand up tall and place your hands in the small of your back. Lifting your chin slightly off of your chest, extend backward, arching your back. (Note: Head should remain somewhat neutral so you are looking high on the wall not the ceiling.)



### #2 Seated Hamstring Stretch

Sit at the edge of your seat. Keeping one leg tucked in at a 90 degree angle, extend your other leg to straight, heel down, toe up. Keeping your upper body tall and straight, hinge forward at the hips, reaching toward your extended toe. Repeat with the other leg.



### #3 Doorway Stretch

Stand in the doorway, with your fore-arms on either door post. Elbows should be at shoulder height. Once arms are in position, walk slightly forward until you feel a stretch in your chest and the front of your shoulder. (Note: if you don't have a doorway or it is too wide, you may stretch one arm at a time against a wall or door opening.)



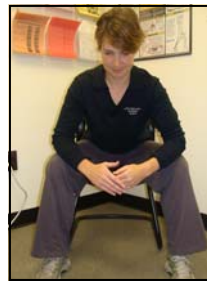
### #4 Single Arm Shoulder/Lat Stretch

Standing or seated, extend one arm straight out in front of your body. Keeping that arm straight, use your other arm to gently pull it across your body. Try not to turn your torso as you pull the arm across. Repeat with your other arm.



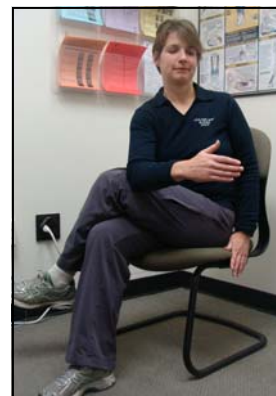
### #5 Seated Low Back Stretch

Sit at the edge of your seat (preferably a chair without wheels) with your feet wider than hip width. Fold forward so your forearms are resting on your thighs. Then slide your hands down to your ankles. Then, if possible, put your fingers on the floor between your feet. Stay here and round out your low back. Come back up slowly to avoid light-headedness.



### #6 Glute Stretch with Rotation

Sit with your right leg over the left, then rest your left elbow on the outside of your right upper thigh. Apply controlled steady pressure looking over your right shoulder. Repeat on left side.



## #7 Quadriceps Stretch

Stand and grasp the back of your pant leg, your sock or your foot holding it behind your body. (You may want a chair or wall nearby for balance). Make sure both knees remain side by side with the knee of your flexed leg pointing down to the floor. To deepen the stretch, push your foot harder into your hand. Repeat with the other leg.



## #8 Standing Calf Stretch

Stand with legs split so that one leg is well in front of the other. Straighten your back leg and press your back heel into the floor while bending your front knee. Keep your upper body upright and centered over your hips. Repeat with the other leg.

