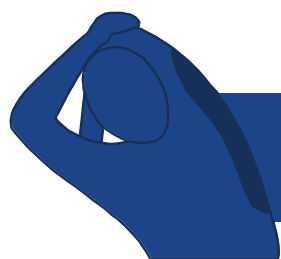


STRETCHES

GAIN FLEXIBILITY AT WORK AND AT HOME

Stretching benefits people of all ages and can help reduce fatigue and injury. Follow these tips and perform the below stretches to relieve muscle-related discomfort.

- Don't bounce when performing a stretch.
- Hold your stretch for the full duration.
- Focus on a pain-free stretch; if you feel pain, you've gone too far.
- Relax and breathe freely; don't hold your breath while stretching.



ELBOW PULLOVER

Repeat three times
for five seconds
each on both sides.



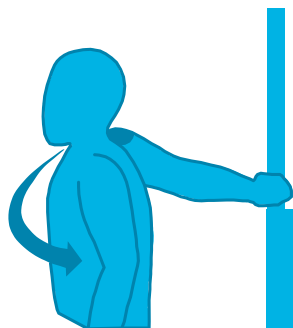
SHOULDER OVER

Repeat three times
for five seconds
each on both sides.



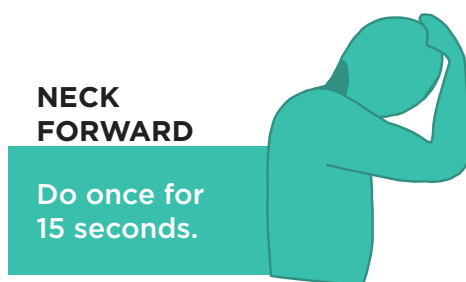
BRIDGE STRETCH

Do once for
15 seconds.



SHOULDER BACK

Do once for
15 seconds
each arm.



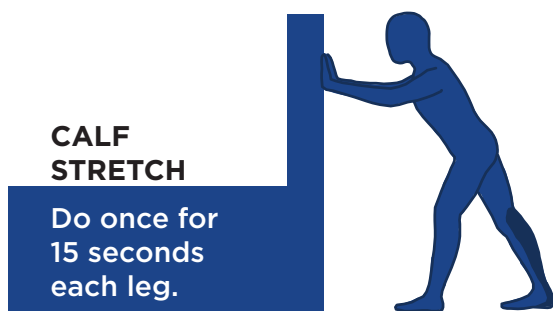
NECK FORWARD

Do once for
15 seconds.



NECK LEFT & RIGHT

Repeat three
times for five
seconds each
on both sides.



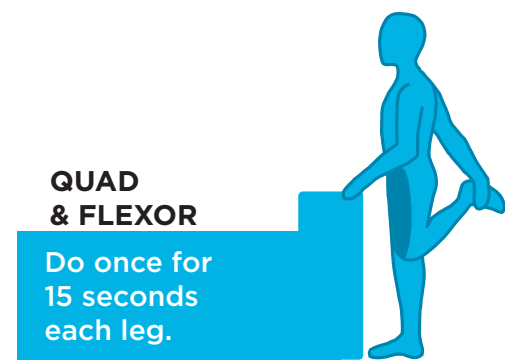
CALF STRETCH

Do once for
15 seconds
each leg.



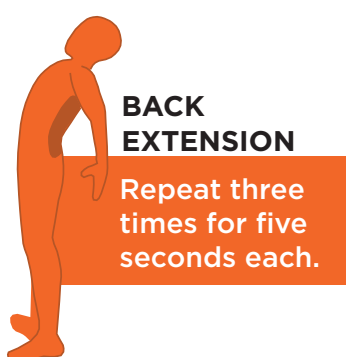
SHOULDER ACROSS

Do once for
15 seconds
each arm.



QUAD & FLEXOR

Do once for
15 seconds
each leg.



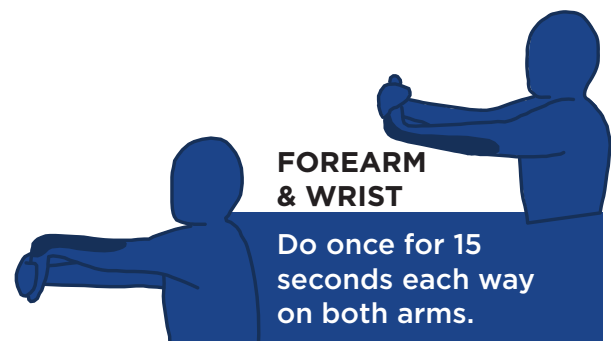
BACK EXTENSION

Repeat three
times for five
seconds each.



HAMSTRING STRETCH

Do once for 15
seconds each leg.



FOREARM & WRIST

Do once for 15
seconds each way
on both arms.

Benefits of regular stretching:

- Increases flexibility and joint range of motion
- Improves circulation and blood flow to your muscles, preparing you for activity
- Helps keep your muscles from getting tight, allowing you to maintain proper posture
- Relaxes tight and tense muscles that often accompany stress
- Enhances coordination by maintaining range of motion in your joints, helping you keep better balance



ELBOW PULLOVER (LATERAL TORSO STRETCH)

This stretches the sides of the neck and the area where the neck joins the shoulders. Raise one arm overhead, grasp it at the elbow with other hand, and lean sideways from the waist, stretching the side of the trunk. Hold for five seconds, alternating three times on each side.



SHOULDER OVER (LATERAL SHOULDER STRETCH)

Raise one arm overhead, grasp it at the elbow with other hand, and pull the elbow gently across behind the head, stretching the muscles and soft tissues on the side of the shoulder joint and surrounding area. Hold for 15 seconds, and repeat for the other shoulder.



NECK FORWARD STRETCH

This stretches the back of the neck and the area where the neck joins the upper back. Tilt your head forward and lower the chin toward the chest, placing a hand on the back of your head for added stretch. Hold for 15 seconds.



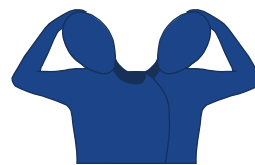
SHOULDER ACROSS (POSTERIOR SHOULDER STRETCH)

Hold one arm straight across the chest and gently pull its elbow in closer and farther across. Hold for 15 seconds to stretch the back area of that shoulder. Repeat for the other shoulder.



BRIDGE STRETCH FOR ARMS AND UPPER TORSO

Interlace fingers with palms pointing toward the sky, straightening the elbows and reaching as far upward as possible with both hands. Hold for 15 seconds.



NECK LEFT AND RIGHT

This stretches the sides of the neck and the area where the neck joins the shoulders. Tilt head sideways toward shoulder without twisting neck - move the ear directly toward shoulder. Do this stretch once for 15 seconds on each side.



QUAD AND FLEXOR STRETCH

Place one hand on a stable surface for support. Bend one knee to lift your foot up behind you. Bend forward and grasp that ankle with the opposite-side hand, and slowly stand back upright, gently pulling the leg upward behind you to stretch front of thigh (quadriceps) and upper thigh area (hip flexors). Hold for 15 seconds and repeat with opposite leg and hand.



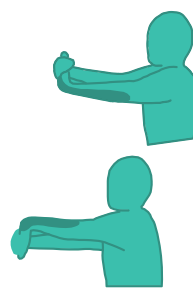
BACK EXTENSION AND SHOULDER BLADE PINCH

This exercise provides great fatigue relief for the lower, mid, and upper back. Stand with feet apart and gently lean backward to the point of mild tension with the arms also reaching back and squeezed toward each other. Tighten shoulder blades and low back muscles and hold for five seconds. Do three times.



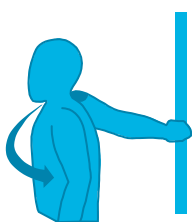
HAMSTRING STRETCH

Tight hamstrings can be a source of soreness, and often cause back soreness as well. Stretch hamstrings by standing with feet crossed and gently bending forward at the hips and waist to the point of mild tension. You should feel this stretch along the back of the rear leg. Hold for 15 seconds and repeat with the other leg. Alternate version: place one foot up on a low object with knee straight and gently lean forward to stretch back of leg. Hold for 15 seconds and repeat with other leg.



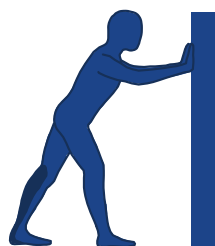
FOREARM AND WRIST STRETCHES

Extend one arm forward without bending the elbow. Bend the wrist upward, and use the other hand to gently pull fingers back toward you, stretching the muscles and soft tissues on the bottom of the forearm and wrist. Hold for 15 seconds. Then release and bend the same wrist downward, gently pulling it down and toward you with the other hand. Hold for 15 seconds and repeat both stretches with other arm.



SHOULDER BACK (ANTERIOR SHOULDER AND CHEST STRETCH)

Stand with a stable shoulder-high object directly to your side. Extend the arm on that side to touch the object with your fingertips with arm straight. Gently rotate your entire body forward and away from the object while keeping fingertips in place on the object, stretching the front side of that shoulder. Hold for 15 seconds and repeat, facing the opposite direction in order to stretch the other shoulder.



CALF STRETCH

Stand at arm's length in front of a tall and stable surface such as a wall or tree. Place both hands on the surface at chest level, and move one foot back about as far as your shoulders are wide. Push the rear heel all the way onto the floor or ground, and lean forward toward your hands to stretch the calf muscles and tendons on that leg. Hold for 15 seconds and repeat for the other leg. This stretch can also help relieve heel discomfort.