WorkSmart Stretching Plan

Reach for the Sky

Cat Back Stretch

Standing Trunk Extension
Standing Trunk Sidebend
Standing Trunk Rotation
Chin Tuck

Neck Stretch (3 Positions)

Wrist Stretch

Wrist Stretch with Rotation
Elbow Stretch
Elbow Stretch w/over Pressure
Shoulder Stretch

Doorway Chest Stretch
Hip Flexor Stretch
Quadricep Stretch
Hip Adductor/Groin Stretch

Hamstring Stretch
Sitting Piriformis Stretch
Seated Twist
Calf Stretch

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1a. Reach for the Sky

Stand up tall and reach with both arms up to the sky (with one hand gripped around your opposite wrist) look straight up towards your hand. When your arms are fully extended hold for 3 to 5 seconds, then gently side bend your trunk to the L side (photo 1) hold for 3 to 5 seconds and repeat on the R side. Repeat ___ 2 ___ times. Great stretch to reduce upper back/ neck and shoulder fatigue and stress.

2a. Cat Back Stretch

Stand up tall and reach both arms straight out in front of you at shoulder level (gently hold both hands together), arch your back forward and hold this position for 3 to 5 seconds. Now add rotation (photo 2b) towards your L side and hold for 3 to 5 seconds, then repeat on the R side. Repeat ___ 2 ___ times. Great stretch to reduce upper back, neck and between shoulder blades fatigue/ stress and soreness.

3. Standing Trunk Extension (Backward Bend)

Stand up tall and put your hands on your hips. Slowly bend backwards and gently push your head forward. Hold for 3 to 5 seconds. Repeat ___ 2 ___ to 3 ___ times.

4. Shoulder Stretch

Stand up tall and place both hands behind your head. Slowly bring your hands together above your head while bending forward. Hold for 3 to 5 seconds and repeat ___ 2 ___ to 3 ___ times.

5. Shoulder Flex (Front/Backward)

Stand in a staggered stance with R foot forward and L foot back, take a deep breath in and raise both arms out to the sides. Hold hands in front of you with palms down and fingers extended. Slowly raise the arms straight overhead, reach over your head as high as possible, turn your hands palm up and hold for 3 to 5 seconds. This is a great stretch for your shoulders and trapezius muscles. Repeat ___ 2 ___ to 3 ___ times.

6. Elbow Stretch

Stand straight and hold your arm extended overhead, slowly pull your elbow towards your shoulder and hold for 3 to 5 seconds. Repeat ___ 2 ___ to 3 ___ times.

11. Doorway Chest Stretch

Stand in a doorway with your feet staggered (one in front of the other) and your arms as shown in the photo with palms facing away from you and looking straight ahead (as if you were on the football field). Slowly slide your hands forward to the sides and hold for 3 to 5 seconds, then repeat ___ 2 ___ to 3 ___ times. Great stretch to improve posture of shoulders and arms and to stretch your shoulders.

13. Quadriceps Stretch

Stand up tall and pull your right foot back towards your buttocks (glossus biceps) and hold your right foot for 3 to 5 seconds, repeat this for ___ 1 ___ to 2 ___ repetitions. Try to maintain your knee position pointed straight down towards the floor to increase the stretch to your quadriceps and also hip flexor muscle.

14. Hip Adduction Stretch

Start with your feet wider than shoulder width apart and feel pointed forward or with a slight toe out posture. Slowly bend forward reaching down towards the floor (between your feet) with both hands while breathing out and hold for 3 to 5 seconds. Now slowly reach back both hands towards your foot and hold for 3 to 5 seconds and slowly repeat this stretch reaching towards your foot for 3 to 5 s with. Repeat this stretch for ___ 1 ___ repetitions (You can also come up straight and reach for the sky with both hands at the same position with this stretch too). You can further twist this great hip stretch by, Staggering your feet, and toasting your feet in or out.

This stretch reduces the biomechanical stresses to your lower back, knees, and hips and will allow you to have more fun in your daily life at work and at play!

15. Hamstring Stretch

Stand up and extend your R leg in front of you on a chair against the wall for stability (or you can use the chair), gently pull the toes of your R foot back towards your head as in a photo and both arms in front of your foot (to help maintain your balance/your body)! Slowly slide your hands forward to the sides and hold for 3 to 5 seconds. Next make a fist with both hands (no photo) and tip both of your fists down towards the floor. Now look back over your shoulder and/ or twist your body to the L side by sliding your hands over the back of your chair. Notice how your body is now positioned away from the floor.

This great stretch reduces the pressure on your sciatic nerve and helps to stretch the lower back.

16. Calf Stretch

Stand facing a wall in a staggered stance, L foot forward foot back (toes facing the wall). Have both hands reaching forward at shoulder height and large enough forward until you feel a stretch R calf. Hold for 3 to 5 seconds. Shift hips to R side and hold for 3 to 5 seconds. Shift hips to L side and hold for 3 to 5 seconds and repeat ___ 2 ___ to 3 ___ times. Next slowly bend forward until you feel a stretch in your right calf, hold for 3 to 5 seconds. Then look back over your shoulder and hold for 3 to 5 seconds. Next look back over L shoulder and hold for 3 to 5 seconds, repeat ___ 2 ___ to 3 ___ times. This is a great stretch to reduce calf/ ankle/ foot/ leg pain.

Great stretch to reduce calf pain. You can also reduce the discomfort, and improve your energy level to your working body. Remember to do any one of these stretches more frequently during the workday or at home to reduce fatigue, or discomfort to your body. Taking Bio Ergonomic “Pit Stops” throughout the day will allow you to reverse and break up the sustained postures you do frequently or to reverse and break up the sustained postures we do daily will keep your body healthy and feeling better for LIFE. You and your family are worth the effort!

Disclaimer:

This program is intended to provide general information on the Industrial Athletic WorkSmart Stretching Plan to avoid workplace muscle fatigue and discomfort to your working body. These types of exercises may not be appropriate for all individuals. Before beginning this or any other type of exercise program, consult with your physician and/ or physical therapist to determine what exercise program is suitable for you. If at any time while performing these exercises you experience any pain, numbness, or tingling, discontinue performing these exercises and consult your physician immediately.

Sources:

3. Attending four Gray Institute “Chair Reaction” courses from 99 to 07’ led by Gary Get 3 Great PT, FAPSD and Functional Flexibility – Enhancing Life 2.1” B2004000 www.grayinstitute.com.