



The Facts

Stretching: At Home or At Work

Frequent stretch breaks throughout your day are key to helping save your muscles from fatigue and strain. Stretching increases blood flow and allows your body to relax. Its important to listen to your body while stretching. Do stretches to the best of your ability and stop any stretches that cause discomfort. Take slow deep breathes and perform the stretches slowly. Below are some examples of stretches you can do at home or at work.

<p>NECK</p> <p>Slowly tilt head to the right and hold for 10-15 seconds. Repeat on left side. Repeat 2-3 times on each side.</p>	<p>Slowly turn head to the right and hold for 10-15 seconds. Repeat on left side. Repeat 2-3 times on each side.</p>	<p>Slowly tilt head forward and backward. Repeat 2-3 times.</p>
---	--	---

<p>SHOULDERS</p> <p>Interlock fingers behind back and slowly pull shoulders back. Hold for 20-30 seconds.</p>	<p>Grab elbow behind head as shown. Slowly pull down on elbow. Hold 20-30 seconds. Repeat on other side.</p>	<p>Grab elbow as shown. Slowly pull on elbow, hold for 20-30 seconds. Repeat on other side.</p>	<p>Interlock fingers and turn them inside out in front of you. Push your arms forward, hold for 20-30 seconds.</p>
--	--	---	--

<p>BACK</p> <p>Cross one leg over the other. Place opposite arm on knee as shown. Slowly push with your arm to turn your torso. Hold for 20-30 seconds. Repeat on other side.</p>	<p>While seated, bend down and touch your toes to the best of your ability. Hold for 20-30 seconds.</p>	<p>Place the palms of your hands on your lower back and slowly push your pelvis forward. Hold for 20-30 seconds. This stretch can also be done while sitting using the same concept.</p>
--	---	--

<p>HANDS</p> <p>Pull back on hands in the positions shown. Hold for 10-15 seconds. Repeat 2-3 times on each hand.</p>	<p>Make a fist and then open and spread fingers as shown. Repeat 2-3 times on each hand.</p>	<p>Make a loose fist and slowly twist your wrist in circles. Twist for 10-15 seconds on each side.</p>
--	--	--

<p>LEGS</p> <p>While holding on to a sturdy surface, pull up foot and hold for 20-30 seconds. Repeat on other side.</p>	<p>While keeping your legs as straight as you can, bend down and touch your toes to the best of your ability. Hold for 20-30 seconds.</p>	<p>Slowly bring your knee to your chest. Hold for 20-30 seconds. Repeat on each side. This stretch can also be done while sitting, which is the preferred method.</p>
--	---	---