WorkSmart Stretching Plan

1A Reach for the Sky
1B Cat Back Stretch
2A Standing Trunk Extension
2B Standing Trunk Sidebend
3 Standing Trunk Rotation
4 Chin Tuck
5 Neck Stretch (3 Positions)
6 Wrist Stretch
7A Wrist Stretch with Rotation
7B Elbow Stretch
7C Elbow Stretch w/over Pressure
8A Shoulder Stretch
8B
9A Doorway Chest Stretch
9B Hip Flexor Stretch
10 Quadricep Stretch
11 Hip Adductor/Groin Stretch
12 Hamstring Stretch
13 Sitting Pirifomis Stretch
14 Seated Twist
15 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 hands. When your arms are fully extended hold for 3 to 5 seconds, then gently side bend your trunk to the L side (photo 1b) hold for 3 to 5 seconds. Repeat __ 3 times. Great stretch to reduce upper back/neck and shoulder fatigue and stress.

2a. Cat Back Stretch  Stand and reach with 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. L stand and hold for 3 to 5 seconds, then repeat on the R side. Repeat __ 3 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 lower back, and gently bend over forward to touch your toes. Hold for 3 to 5 seconds. Repeat __ 2 to 3 times. One of the most important stretches to prevent lower back injury (keeping the discs in your lower back healthy), reduce fatigue and pain to the lower back. Do frequently throughout the workday at least every hour if you sit for most of your workday. A great way to stretch this is to look back and over your shoulder for holding for 3 to 5 seconds, and do this towards the side of pain in your lower back/hip/patellar tendinitis.

4. Standing Trunk Sidebend  Stand up tall and bend towards your L side, reaching your R hand overhead and hold for 3 to 5 seconds. Repeat other side, bending towards your R side with your L hand overhead and hold for 3 to 5 seconds. Repeat __ 3 times. Now reach with hand over R shoulder twisting your body to the R and hold for 3 to 5 seconds. Repeat __ 2 to 3 times.

5. Chin Tuck  Stand up tall as in military attention, keep your chin tucked down (looking straight ahead). Now tuck your chin down, place your chin between your bony parts of your hip to your sternum. You can do this either with or without your hand as a guide. Don’t push on your jaw as this can stress your TMJ joint. Best stretch to get rid of your headaches!! You can twist this stretch by adding rotation to shoulder and forehead to the back of your head. Just bump into the pain and slowly back off...repeat until your headache are gone!

6. Neck Stretch (3 Positions, A, B, and C) Place your L hand on top of your R shoulder, gently pull your L shoulder towards your trunk and look straight ahead. Photo A hold for 3 to 5 seconds. Repeat other side. Photo B With L hand holding your R shoulder gently down bend down and over to your L shoulder and hold for 3 to 5 seconds. Repeat other side. Photo C Hold your R shoulder with your left hand and tip your head towards your L shoulder and then gently look back over your R shoulder and/ or twist your head to the R side for 3 to 5 seconds. Repeat other side. Repeat __ 1 to 2 __ times. This is a great stretch to get rid of the first thing in the morning in a warm shower to reduce neck/shoulder stiffness. This stretch really helps to reduce your risks (or is a must in the treatment) of elbow, wrist and hand MSD/CPTD problems too!

8a. Wrist Stretch  Hold R arm out in front of you at shoulder level (fully extended) with palm up. With your L hand grab your R fingers back and hold. This should help you feel a good stretch on your R forearm (See photo a) Hold for 3 to 5 seconds, then pull your fingers towards the inside (fingers extended and not flexed) and hold for 3 to 5 seconds. Repeat other side. Repeat __ 2 to 3 __ times. Great stretch to reduce wrist/ hand/forearm pain and prevent or treat“wrist tendinitis and/or carpal tunnel”. Repeat this stretch frequently especially for your dominant hand.

9. Elbow Stretch  Hold both arms out in front of you at shoulder level with palms down facing the floor. Next make a fist with both hands and tip both of your fists down towards the floor as in a shot put hold for 3 to 5 seconds. You will feel the stretch on the back of your forearm. This is a great stretch to prevent or treat”Tenis elbow/ tendinitis of the elbow”. Now turn your fists in towards each other and hold for 3 to 5 seconds (no photos) Lastly do the same turning your fists to the outside away from each other (no photo) and hold for 3 to 5 seconds. Photo b shows the elbow stretch with an overpressure. Hold your R arm out in front of you with palm down and fingers extended (out straight). With your L hand gently pull your R hand while using your L fingers back and hold for 3 to 5 seconds. Photo c shows the elbow stretch and hold for 3 to 5 seconds. Add rotation to the inside and outside, holding for 3 to 5 seconds at each position. Repeat __ 1 to 2 __ times.

10. Shoulder Stretch (Posterior capsule) Reach your R arm directly across the front of your body at shoulder level giving an overhead stretch to your R arm (just above your R elbow). Hold for 3 to 5 seconds. Repeat other side. Repeat __ 1 __ times. You can tweak this exercise by changing the angle of your shoulder across your boulder level at any time.

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 this position will help you feel the stretch) Hold for 3 to 5 seconds. Now repeat this stretch by turning your head to the R side and hold for 3 to 5 seconds and repeat by turning your head to the L side and hold for 3 to 5 seconds. Repeat for __ 2 to 3 __ times and then switch your position and repeat other side. This is a great stretch to reduce posture of your shoulders and arms hurts/ bothers your shoulders just hold your arms down away from your sides with elbows straight and palms facing the door. This is a great stretch to reduce posture of your neck/ chest/ shoulders/ trunk and hips.

12. Hip Flexor Stretch  Stand in a staggered stance with R foot forward and L foot back, with feet slightly wider than shoulder width apart. You may put front foot on a chair (per photo) or on stairs to increase this stretch. Lunge forward and lean back with hands on hips and hold for 3 to 5 seconds. Then lower back again and reach with R hand behind holding 3 to 5 seconds, repeat __ 2 __ times. Now slide R bend to the R and reach with your L hand and hold for 3 to 5 seconds, repeat __ 2 __ times. Finally rotate to your R side reaching with your L hand and hold for 3 to 5 seconds, repeat __ 2 __ times. Now repeat 2 reps of each motion on the other side with R foot backwards and reaching with your R hand. This stretch reduces lower back, shoulder and knee pain! Great stretch for those who sit for 4+ hours per work day.

13. Quadriceps Stretch  Stand up tall and pull your R foot back towards your buttocks (gluteus maximus) and hold your R foot with your R hand for 3 to 5 seconds, repeat this for __ 1 __ to 2 __ repetitions. Try to maintain your knee position pointed straight down towards the floor. This increases the stretch to your quadriceps and also hip flexor muscle. Repeat other side. This stretch reduces the biomechanical stresses to your knee, hips and lower back.

4. 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 both hands towards your R foot and hold for 3 to 5 seconds and lastly repeat this stretch reaching towards your L foot for 3 to 5 sec with. Repeat this stretch for __ 1__ to __3__ repetitions (You can also come up straight and reach for the sky with both hands between each change of position with this stretch too) You can further tweak this great hip stretch by, Staggering your feet, and tooting 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 stairs) gently pull the toes of your R foot back towards your head as in a photo and reach both of your arms in front of you towards your feet (to help keep your balance). This is a great stretch to reduce hamstring fatigue/stress and soreness.

16. Calf Stretch  Hold both arms out in front of you at shoulder level with palms down facing the floor. Next make a fist with both hands and tip both of your fists down towards the floor which increases the stretch to your quadriceps and also hip flexor muscle.