



# WORK STRETCHES

*Stretching is the deliberate lengthening of muscles in order to increase muscle flexibility and joint range of motion. Stretching activities are an important part of any exercise or rehabilitation program. They help warm the body up prior to activity thus decreasing the risk of injury as well as muscle soreness.*

## **Increased flexibility and joint range of motion:**

Flexible muscles can improve your daily performance. Tasks such as lifting packages, bending to tie your shoes or hurrying to catch a bus become easier and less tiring. Flexibility tends to diminish as you get older, but you can regain and maintain it.

## **Improved circulation:**

Stretching increases blood flow to your muscles. Blood flowing to your muscles brings nourishment and gets rid of waste byproducts in the muscle tissue. Improved circulation can help shorten your recovery time if you've had any muscle injuries.

## **Better posture:**

Frequent stretching can help keep your muscles from getting tight, allowing you to maintain proper posture. Good posture can minimize discomfort and keep aches and pains at a minimum.

## **Stress relief:**

Stretching relaxes tight, tense muscles that often accompany stress.

## **Enhanced coordination:**

Maintaining the full range-of-motion through your joints keeps you in better balance. Coordination and balance will help keep you mobile and less prone to injury from falls, especially as you get older.

## **The Wave**

Raise both arms above head and hold for 10 seconds. Bring hands down and repeat.



## **Arm Circles**

Raise both arms out to the sides, keeping your elbows straight. Make small circles with your arms, first forward, then backward. Repeat five times each direction.



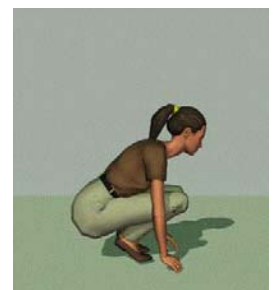
## **Arm Stretches**

Raise one arm over head and place hand on your opposite shoulder. With your opposite hand place it on the elbow of the bent arm and hold for 10 seconds. Repeat with other arm.



## **Leg Stretches**

Bending at the knees bring hands down to the floor.



**Back Stretches**

Bending at the waist, relax hands and reach for the floor. Hold for 10 seconds, straighten up slowly and repeat.



**Hand Flexes**

Bring hand together at chest height and press together, hold for 10 seconds, release and repeat.



**Shoulder Stretches**

Relax shoulders and bend head from side to side holding at each side for 10 seconds.



**Neck Stretches**

Rest chin on chest and hold for 10 seconds, straighten head slowly and repeat.



**Additional Stretches**



KNEE TO CHEST



THIGH STRETCH



HIP STRETCH



CALF STRETCH



WALKING IN PLACE FOR BACK CARE