

Pre-Work Stretch & Flex

WARNING: Before beginning any stretching program, check with your healthcare provider. If you question any of the following stretches, or feel any discomfort while doing any of these stretches, stop immediately and check with your healthcare provider before continuing.

Trunk & Low Back

Side Bend

- Feet shoulder width apart, arms at side.
- With one hand, reach up overhead and slowly lean towards opposite side. Keep both feet flat on ground.
- Hold for 3 – 5 seconds.
- Return to starting position and repeat as desired.



Back Bend

- Feet shoulder width apart, hands on hips.
- Looking straight ahead slowly and gently bend backwards.
- Caution – you should feel tension, not pain in the low back.
- Hold for 3 – 5 seconds (do not hold your breath).
- Return to starting position and repeat as desired.



Legs

Hamstring Stretch

- Raise your foot on an elevated surface, at least 10" to 12" high (a truck's running board or overturned bucket).
- Looking forward, slowly bend at the hip keeping raised leg straight.
- Stop when you feel tension and hold 3 – 5 seconds.
- To increase tension, pull toes towards body.
- Switch legs and repeat stretch.



Quadriceps Stretch

- Holding on for balance with your left hand, grab your right foot or ankle with your right hand.
- Hold for 3 – 5 seconds and feel the pull in the front of your thigh.
- Repeat on opposite side.



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Upper Body

Chest & Shoulder Stretch

- Standing up straight, raise your arms with your elbows bent so that your upper arms are parallel to the floor, fingers pointing up.
- Slowly squeeze your shoulder blades together and hold for 3 – 5 seconds.
- Return to the starting position and repeat.



Forearm Stretch

- Hold your arms out straight in front of you with your palms facing down.
- Make a loose fist with your hands.
- Slowly and gently bend your fists down towards the floor. Your knuckles should be pointing towards the floor.
- Now, slowly and gently rotate your fists.
- Hold for 3 – 5 seconds. You should feel a stretch from the topside of the wrists out to the elbow.
- Relax and shake out your hands and arms.
- Repeat as desired.



Open Hand Stretch

- Start with your hands in a loose fist position.
- Slowly open your hands and extend your fingers.
- Return to a loose fist position and repeat as desired.

