

At Home Stretches

Why it is Important to Stretch Before/After Work

- Reduce your risk of injury
- Improve balance, posture, coordination
- Boosts energy and reduces muscle tension
- Improves flexibility and productivity

What is Static Stretching?

Static stretching is typically done post-workout or after physical activity. The main purpose of this type of stretching is to improve flexibility and mobility, reduce stiffness, and promote muscle recovery

What is Dynamic Stretching?

Dynamic stretching is a type of stretching that is done prior to working out or performing any sort of physical activity. It acts as a warm-up for your muscles and joints. Essentially dynamic stretching increases your muscle temperature and increases blood flow

Disclaimer: Stretches are meant to provide relief, if any of these stretches feel painful, stop immediately

Remember to Breathe

Why Breathing is Important

Breathing helps improve your flexibility, relax your muscles, and prevent any strain. It will help reduce stiffness and allow you to get into a deeper stretch.

How to Breathe Properly

As you begin to go into the stretch, you want to exhale. When you are holding the stretch, breathe slowly, around 4-6 seconds for an inhale-exhale cycle.

Breathe in
through
your nose

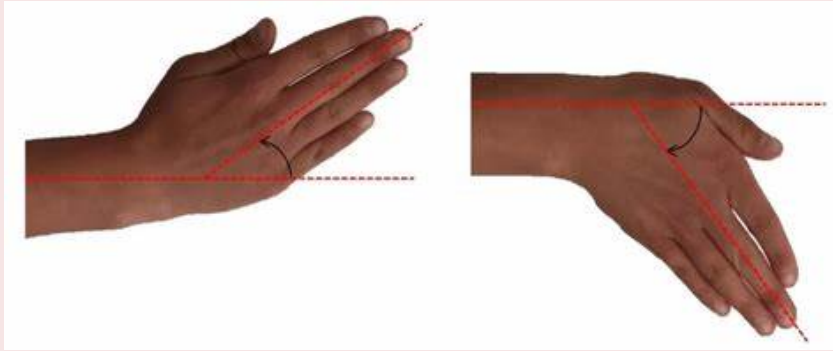


Breathe out
through
your mouth



Wrist Stretches

1. Windshield Wipers (Wrist)



1. Begin with your hand in front of you and your palm open - like you are about to shake someone's hand
2. Tilt your pinkie like you are trying to touch it to your forearm and hold for 10 seconds
3. Return to the original position
4. Then tilt the other direction so that you are trying to touch your thumb to your forearm and hold for 10 seconds

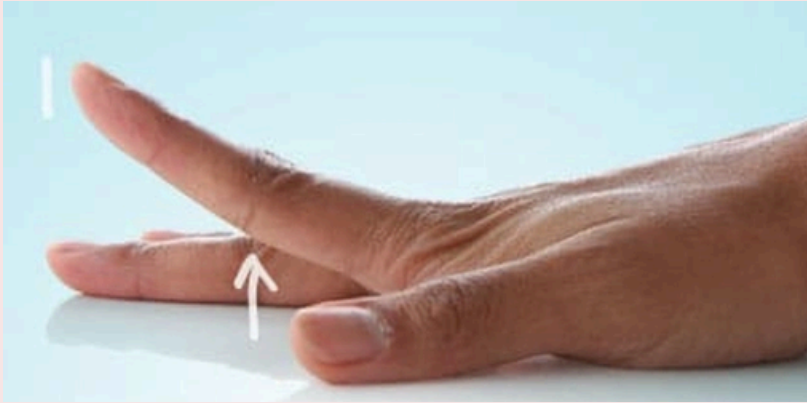
2. Wrist Flexion/Extension



1. Start with your arm out in front of you and your palm facing the floor.
2. Bend your wrist down so that your palm faces your body and use your other hand to hold the stretch. Hold for 10 seconds
3. Return to the original position. Bend your wrist up so that your palm faces away from your body and use your other hand to hold the stretch. Hold for 10 seconds.

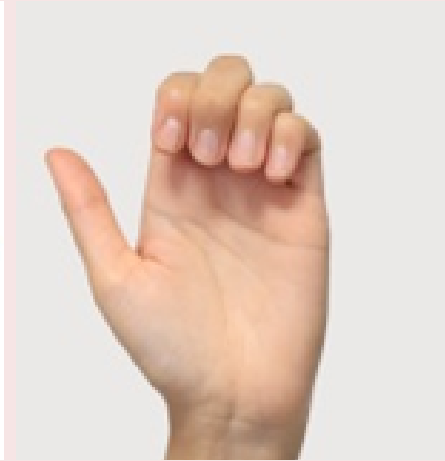
Finger Stretches

1. Finger Lifts



1. Place your hand on a flat surface with your palm facing down
2. While keeping your hand flat, gently lift 1 finger at a time. Hold for 5 seconds for each finger
3. Repeat with other hand

2. Flexion/Extension Finger Stretch



1. Begin with your hand in front of you and your palm open - like you are about to shake someone's hand
2. Spread your fingers as far apart as you can and hold for 10 seconds
3. Then close your fingers together without making a full fist and hold for 10 seconds

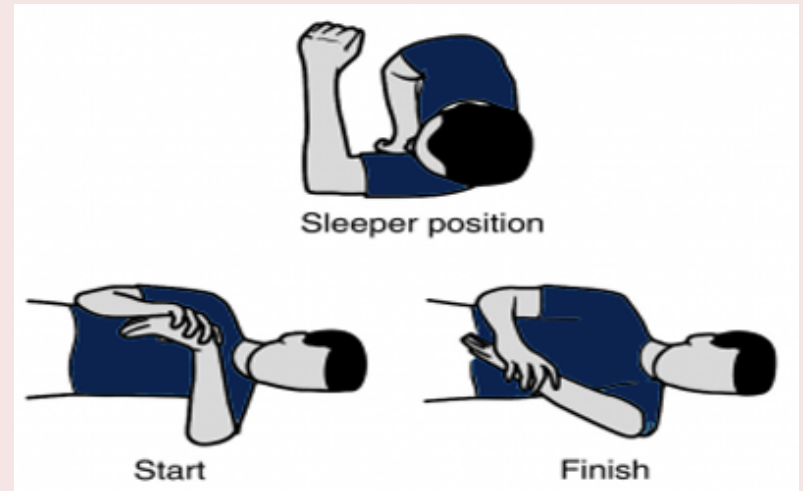
Shoulder Stretches

1. Standing Arm Swings



1. Stand with your arms by your sides and palms facing your body.
2. Without raising your shoulders, lift your arms up towards the ceiling as high as they will go. Hold at the top for 15 seconds.
3. Again, without raising your shoulders or bending your hips, bring your arms down and bring them back as far as possible. Hold for 15 seconds.

2. Sleeper Stretch



1. Lie on your side, with the arm that is on the floor perpendicular to your torso. Bend your elbow to make a 90 degree angle.
2. Apply gentle pressure to the back of your bottom hand to push it forward towards the floor.
3. Press until you feel a stretch in your shoulder.
4. Repeat on the other side.

Upper Back Stretches

1. Thread the Needle



1. Get onto all fours
2. With your palm facing the ceiling, slide your right hand along the floor and behind your left wrist
3. Slide until you feel a stretch and hold for 15 seconds
4. Repeat on other side

2. Child's Pose



1. Kneel on the floor and sit back on your ankles
2. Slowly lean forward and rest your belly on your thighs
3. Reach out in front of you with your palms facing the floor. Rest your forehead on the floor
4. Hold for 30 seconds

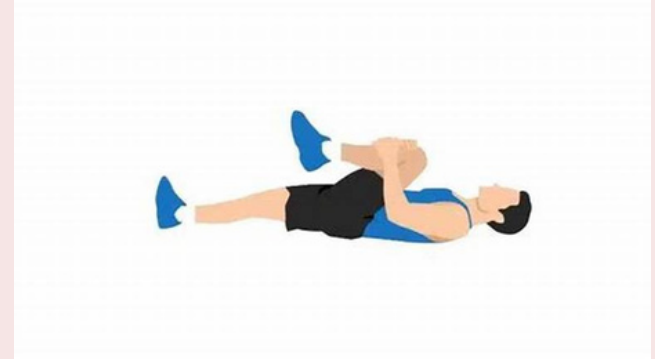
Hip and Lower Back Stretches

1. Seated Ankle over Knee Piriformis Stretch



1. Sit upright at the edge of your chair with feet flat on the floor
2. Cross one ankle over the opposite knee
3. While keeping your back straight slowly lean forward to feel a deep stretch
4. Hold this for up to 30 seconds then alternate
5. Perform this stretch 2 times per side

2. Knee to Chest Stretch



1. Lie on your back with your legs straight out
2. Bend one knee, lifting it off the ground and bring it up towards your chest
3. Wrap your hands around the bent knee and slowly pull it closer to your chest until you can feel a stretch
4. Hold this for up to 30 seconds then bring your knee down and alternate legs
5. Perform this stretch 2 times per side

Torso Stretches

1. Seated Spinal Twist



1. Sit on the floor with your legs straight out in front of you.
2. Place your right leg over the left.
3. Twist your torso to the right and use your right leg to hold the stretch.
4. Hold for 15 seconds and repeat on the other side.

2. Trunk Twist



1. Lie on your back and extend your arms out to balance yourself. Bring your legs and knees to a 90 degree angle.
2. While keeping your back straight, turn both legs to the left and hold for 10 seconds.
3. Then turn both legs all the way to the right and hold for 10 seconds.

Quad Stretches

1. Prone Quad Stretch



1. Start by laying on your stomach.
2. Bend one leg and grab your shin or ankle.
3. While holding your ankle and keeping your other leg completely straight, pull your ankle towards your back until you feel a stretch in your thigh.
4. Repeat on the other side.

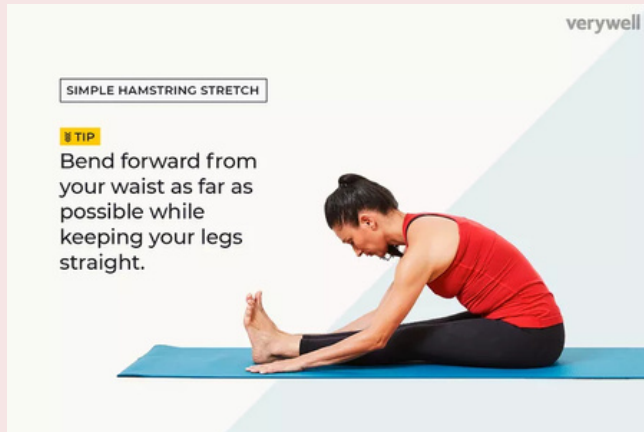
2. Kneeling Lunge Stretch



1. Start with 1 knee on floor and your other leg planted.
2. Bring 1 leg forward as far as you can comfortably keeping your toes pointed forward.
3. Once in this position, start to lean and extend forward until you feel a stretch in your quad.
4. Hold for 15 seconds and repeat on other side.

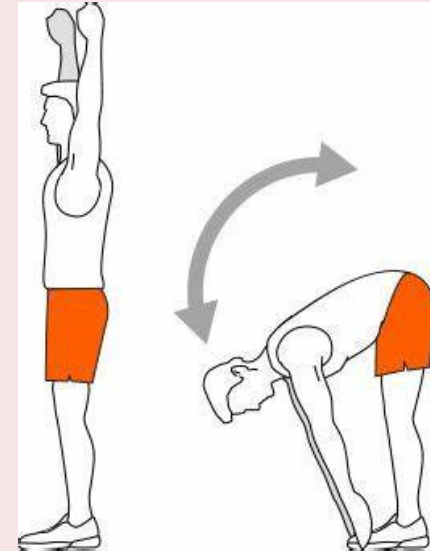
Hamstrings

1.Simple Seated Hamstring Stretch



1. Sit on the floor with your legs straight
2. While bending at the waist, extend your arms forwards and reach as far as possible
3. Ensure to keep your knees straight and back as neutral as possible
4. Hold this for up to 30 seconds then relax
5. Perform this stretch 3 times

2.Standing Toe Touch/Hold



1. Stand shoulder width apart with your knees straight
2. Bend/Hinge at your hips and reach for your toes with your hands
3. Go as far as you can comfortably, you don't have to touch your toes the first time
4. Hold this for 15-30 seconds then relax
5. Perform this stretch 3 times

Calves

1. Downward Dog



1. Start with all fours on the ground with your knees under hips and wrists under shoulders
2. While exhaling, push your hips up and back to form an inverted V-shape
3. Keep your legs and arm straight and relax your head
4. Breathe throughout the entire stretch, hold for 15-30 seconds
5. Perform this 3 times

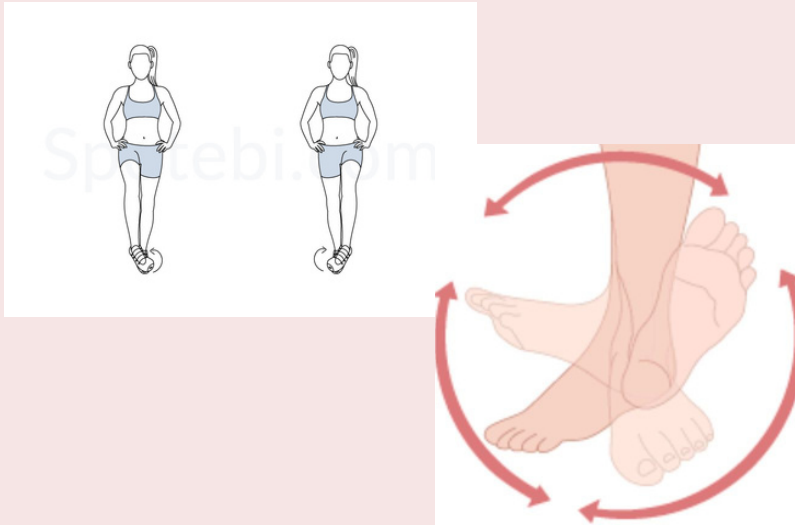
2. Standing Calf Stretch



1. Face a wall and place both hands on it at chest level
2. Place one foot behind you while keeping it flat on the floor
3. Bend your other knee and slightly lean towards the wall
4. You should feel the stretch in the back leg
5. Hold this for up to 30 seconds then alternate
6. Perform this 3 times each side

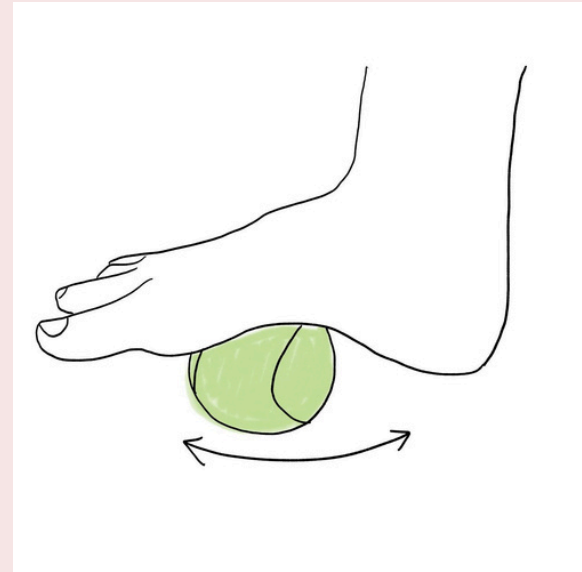
Ankle/Foot

1. Ankle Circles



1. Stand with your feet shoulder width apart and arms to your side
2. Shift your weight to one foot and lift the other
3. With the foot in the air, point your toes down and draw small circles
4. Do this for 30 seconds then alternate
5. Perform this exercise 2 times per side

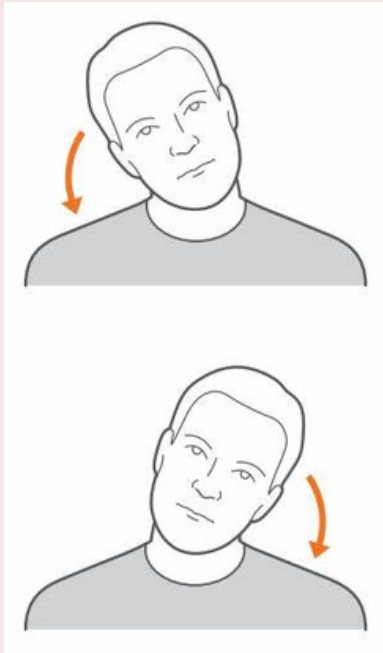
2. Plantar Fascia Stretch



1. Sit on a chair and place a tennis ball under your foot
2. Apply pressure and move your foot forwards and back moving the tennis ball
3. Ensure the ball stays between your toes and heel
4. Do this for 30 seconds then alternate
5. Perform this exercise 2 times per foot

Neck

1. Neck Tilt



1. Either sitting or standing, keep your shoulders down and relaxed
2. Slowly tilt your head to one side, bringing your ear to shoulder
3. After 30 seconds, return to neutral, then tilt to the other side
4. Perform this 2 times per side

2. Chin Tuck



1. While sitting or standing with your ears over your shoulders
2. Place a finger on your chin (this acts as a measuring tool)
3. Pull your chin and head straight back
4. You should feel a stretch at the base of your neck
5. Hold this for 5 seconds then relax, repeat as needed