OFFICE STRETCHES

It is important to stretch throughout your workday (Approximately every 1/2 hour)

1. Neck Stretch
   Hold for 5 seconds on each side

2. Underside of Forearm
   Hold for 5 seconds

3. Top of Forearm
   Hold for 5 seconds

4. Shoulder Stretch
   Hold for 5 seconds on each side

5. Side Stretch
   Hold for 5 seconds on each side

6. Back Twist Stretch
   Hold for 5 seconds on each side

7. Back Extension Stretch
   With hands on hips arch your back & look up at the ceiling. Hold for 5 seconds.

8. Forward Bend Stretch
   With knees slightly bent, bend forward with arms hanging. Hold for 5 seconds.

9. Quadriceps Stretch
   Hold for 5 seconds on each side

10. Hamstring Stretch
    Hold for 5 seconds on each side

11. Calf Stretch
    Hold for 5 seconds on each side

If you have questions about your ability to perform any stretch, please consult your doctor.

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The Warm Up

It is important to warm up your muscles BEFORE you stretch and BEFORE you engage in physical work. Repeat this squat slowly, 10 times.

**Stretching Sequence**

It is important to stretch BEFORE, AND DURING physical work (Approximately every 1/2 hour)

1. Neck Stretch
   Hold for 5 seconds on each side

2. Top of Forearm
   Hold for 5 seconds

3. Underside of Forearm
   Hold for 5 seconds

4. Shoulder Stretch
   Hold for 5 seconds on each side

5. Side Stretch
   Hold for 5 seconds on each side

6. Back Twist Stretch
   Hold for 5 seconds on each side

7. Back Extension Stretch
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