

## *The Spine; Back and Neck Stretching*

### Why Perform Work Relief Exercises?

Work relief exercise, as the name suggests, provide relief of discomfort. They should be performed 3-4 times a day to release tension in the muscle and improve flexibility, lubricate the joint, and improve blood flow. Remember to never bounce while stretching.

### Neck Stretches

#### Neck Extensor Stretch

Bring the ear to your shoulder and then tuck your chin to enhance the stretch. Hold the wrist on the same side as the stretch to stabilize the shoulder.

Hold 10-15 seconds. Repeat 2-3 times per side.



#### Neck Flexor Stretch

Hold the collar bone down. Look up and away from the side you are stretching. Hold 10-15 seconds. Repeat 2-3 times per side. Caution: may cause dizziness. Stop stretching if dizziness occurs.



### Back Stretches:

#### Overhead Reach

With your arms overhead reach as high as you can. Hold 10 –15 seconds. Repeat 2-3 times.



#### Back Extension

With your hands on your hips to stabilize the pelvis, tuck your chin and extend the spine backwards. Hold 5-10 seconds. Repeat 5-10 times.

This is especially helpful after performing work that requires back bending.



## Shoulders and Legs

### Shoulder Stretches

With the elbow relaxed draw the arm across the body. Hold the arm in place just above, not over the elbow.

Now place the arm over the head and use the elbow to hold the arm in place. Gently press the arm backwards.

Hold each stretch 10-15 seconds. Repeat 2-3 X per side and per stretch.

**Cross-body  
shoulder stretch**



**Overhead  
shoulder stretch**



### Shoulder Blade Squeeze

With your elbows bent to 90 degrees, draw your shoulder blades down and together

Hold 5-10 seconds, Repeat 5-10 X

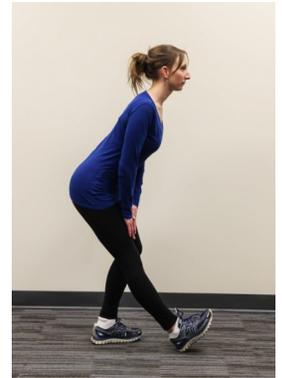


### Leg Stretches

#### Hip Extensor Stretch:

Place one leg in front with the knee straight and toes pulled upward. With a straight back, bend at the hips to feel a stretch down the back of the leg.

Hold 10-15 seconds X 2-3 X / leg



#### Hip Flexor and Calf Stretch:

Lunge forward with the back leg extended behind. To stretch the calf, press the heel of the foot down and keep the knee straight.

To stretch the hip flexor, lift the heel and press the hip forward.

Hold 10-15 seconds X 2-3 X / leg

