HAVE A BALL !

GET ACTIVE AT WORK

Shoulder Shrugs
- Raise shoulders towards ears
- Hold
- Relax downward to a normal position

Upper Back Stretch
- Interlace fingers behind head with elbows out
- Pull shoulder blades together
- Hold 5 seconds, then relax

Neck Tilts
- Keep shoulders relaxed and arms hanging loosely
- Tilt head sideways, first to one side, then the other
- Hold 5 seconds on each side

Wrist/Forearm Stretch
- Place hands palm to palm
- Move hands downward, keeping palms together and elbows even
- Hold 5-8 seconds

Wrist/Forearm Stretch
- Place hands palm to palm
- Rotate palms around until they face downward keeping elbows even
- Hold 5-8 seconds

Hand/Finger Stretch
- Separate and straighten fingers
- Hold 10 Seconds
- Bend fingers at knuckle and hold 10 seconds
- Separate and straighten again

Back and Hip Stretch
- Bend left leg over right leg and look over left shoulder
- Place right hand on left thigh and apply pressure
- Repeat for right side

Back Stretch
- Lean forward
- Keep head down and neck relaxed
- Hold 10-20 seconds
- Use hands to push yourself back up

Upper Body Stretch
- Interlace fingers, turn palms upward and straighten arms above head
- Elongate arms to stretch through upper sides of your rib cage
- Hold 10-15 seconds
- Breathe deeply

Side Stretch
- Hold left elbow with right hand
- Gently pull your elbow behind your head to feel stretch in shoulder or back of upper arm
- Hold 10 seconds
- Don't overstretch or hold breath
- Repeat on right side

Hamstring Stretch
- Sitting, hold onto upper left leg just above and behind the knee
- Gently pull bent knee toward chest
- Hold 15-20 seconds
- Repeat on right leg

Neck Stretch
-Sit or stand with arms hanging loosely
- Gently tilt head forward
- Keep shoulders relaxed and downward
-Hold 5 seconds

THIS IS A GUIDE ONLY!

If you feel: -Pain -Discomfort -Numbness -Tenderness -Tingling -Clumsiness -Loss of Strength & Flexibility

STOP EXCERCISING AND CONTACT A HEALTH PROFESSIONAL