WorkSmart Stretching Plan

Reach for the Sky  Cat Back Stretch

Standing Trunk Extension  Standing Trunk Sidebend  Standing Trunk Rotation  Chin Tuck

Neck Stretch (3 Positions)  Wrist Stretch

Wrist Stretch with Rotation  Elbow Stretch  Elbow Stretch w/over Pressure  Shoulder Stretch

Doorway Chest Stretch  Hip Flexor Stretch  Quadricep Stretch  Hip Adductor/Groin Stretch

Hamstring Stretch  Sitting Piriformis Stretch  Seated Twist  Calf Stretch

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WorkSmart Industrial Athlete Stretching Poster

St. Luke’s Health System “Industrial Athlete Program”

Frequent stretching and body movement is important to keep a proper blood supply to your working muscles and tissues throughout the workday to prevent fatigue, discomfort, and reduce your risks for MSD injuries. These stretches will also reduce your stress level, and increase your energy level throughout each workday. These should be done two to three times per day, or up to every hour, as determined by your body’s fatigue/discomfort level. Stretches should not be forced, and not cause any pain. Some discomfort is expected, but NO pain. Don’t bounce at the end of any stretch as this significantly increases the risks for sprains/strains. You may also reduce this exercise to 3-5 reps to avoid overuse injuries.

1. Reach for the Sky
   Stand up tall and reach with both arms up to the sky (with one hand gripped around your opposite wrist) look straight up towards your hands. When your arms are fully extended hold for 3 to 5 seconds, then gently side bend your trunk to the L side (photo 1a) and then to the R side (photo 1b) and repeat. Repeat __ 2 __ times. Great stretch to reduce upper back/neck and shoulder fatigue and stress.

2a. Cat Back Stretch
   Stand and reach with both arms straight out in front of you at shoulder level (gently hold both hands together), arch your back forward and hold this position for 3 to 5 seconds. Now add rotation (photo 2b) towards your L side. Hold for 3 to 5 seconds, then repeat on the R side. Repeat __ 1 __ times. Great stretch to reduce upper back, neck and between shoulder blades fatigue/stress and soreness.

3. Standing Trunk Extension (Backward Bend)
   Stand up tall and put your lower hands on your rear hips with your upper hands slightly bent as in the picture (Photo A). You do this either with or without your hand as a guide. Don’t push on your jaw as this can stretch your TM joint. Best stretch to get rid of your headaches!! You can try this stretch by add extension in your upper back and neck. Make sure to keep your ears on your shoulders. This is a must in the treatment of elbow, wrist and hand MSD/CTD problems too!

5. Standing Trunk Rotation
   Stand up tall and reach with your R hand over your L shoulder, twisting your body to the R and hold for 3 to 5 seconds. Next reach with your R hand over L shoulder twisting your body to the L and hold for 3 to 5 seconds. Repeat. Repeat __ 2 __ times.

6. Chin Tuck
   Stand up tall as in military attention, keeping your chin tucked down (looking straight forward). Place your hands on your neck and chin, chin tucked down, hold for 3 to 5 seconds. You do this either with or without your hand as a guide. Don’t push on your jaw as this can stretch your TM joint. Great stretch for neck flexion. This is a great stretch for those first thing in the morning in a warm shower to reduce neck/shoulder stiffness. This stretch really helps to reduce your risks (or is a must in the treatment) of elbow, wrist and hand MSD/CTD problems too!

8a. Wrist Stretch
   Hold arm out in front of you at shoulder level (fully extended) with palm up. With your fingers moving slowly towards your arm, Bend your fingers back and try to get a good stretch to your forearm (See photo a). Hold for 3 to 5 seconds, then pull your fingers towards your front of your body (photo b) and hold for 3 to 5 seconds, lastly rotate your hand towards your body inside of 30 seconds (no photo) and repeat 3 times. Repeat __ 1 __ to 2 __ times. Great stretch to reduce wrist/ hand/forearm fatigue and prevent or treat “wrist tendinosis and/or carpal tunnel”.* This stretch frequently tissues, especially for those who need to type all day!

9a. Elbow Stretch
   Hold both arms out in front of you at shoulder level with palms down facing the floor. Now reach with both hands towards each other and bend your fingers down towards the floor as in the photo (photo c). You will feel the stretch on the back of your forearms. This is a great stretch to prevent or treat “Tennis elbow/ tendinosis of the elbow.” Now turn your fists in towards each other and hold for 3 to 5 seconds. (no photo) Lastly do the same turning your fists to the outside away from each other (no photo) and hold for 3 to 5 seconds. Photo b shows the elbow stretch with an overpressure.

10. Shoulder Stretch (Lateral Flexion)
   Hold your arm out in front of you with palm down and fingers extended (out straight). With your L hand gently pull your right arm back while holding your left arm. Hold for 3 to 5 seconds, Great stretch to reduce upper back/neck and shoulder fatigue and stress.

11. Doorway Chest Stretch
   Stand in a doorway with your feet staggered (one in front of the other) and your arms as shown in the photo with palms facing away from you and looking straight ahead (as this position is opposite to standing sideways). Try this stretch by turning your head to the R side and hold for 3 to 5 seconds and repeat by turning your head to the L side and hold for 3 to 5 seconds. Repeat __ 2 __ to 3 __ times and then switch your position (R to L) and repeat other side. Repeat 3 times. Great stretch to improve your shoulder girdle function to your whole body.

12. Hip Flexor Stretch
   Stand in a staggered stance with R foot forward and L foot back, with feet slightly wider than shoulder width apart. You may put front foot on a chair (per photo) or on stairs to increase this stretch. Lunge forward and lean back with hands on hips and hold for 3 to 5 seconds. Next lean backward (photo 2a) reach with your L hand overhead holding 3 to 5 seconds, repeat __ 2 __ to 3 __ times. Now side bend to the R and reach with your L hand and hold for 3 to 5 seconds, repeat __ 2 __ times. Finally rotate to your R side reaching with your L hand and hold for 3 to 5 seconds, repeat __ 2 __ times. Great stretch to reduce lower back, shoulder and knee pain! Great stretch for those who sit for 4+ hours per work day.

13. Quadriiceps Stretch
   Stand up tall and pull your R foot back towards your buttocks (gluteus maximus) and hold your R foot with your R hand for 3 to 5 seconds, repeat this for __ 1 __ to 2__ repetitions. Try to maintain your knee position pointed straight down towards the floor (or increases the stretch to your quadriceps and hip flexor muscles. Repeat other side. This stretch reduces the biomechanical stresses to your knee, hips and lower back.

14. Hip Adduction Stretch
   Start with your feet wider than shoulder apart and left pointed forward or with a slight toe out posture. Slowly bend forward reaching down towards the floor (between your feet) with both hands while breathing out and hold for 3 to 5 seconds. Now slowly reach both hands towards your R foot and hold for 3 to 5 seconds and lastly repeat this stretch reaching towards your L foot for 3 to 5 seconds with. Repeat this stretch for __ 1 __ to 2 __ repetitions (You can also come up straight and reach for the sky with both hands behind each shoulder with this stretch too) You can further stretch this great hip stretch by, Staggering your feet, and toasting your feet in or out. This stretch reduces the biomechanical stresses to your lower back, knees, and hips and will allow you to have more fun in your daily life at work and at play!

15. Hamstring Stretch
   Stand up and extend your R leg in front of you on a chair against the wall for stability (or you can use the stairs), gently pull the toes of your R foot back towards your buttocks as in a photo and both of your arms in front of you towards your feet (to help keep your balance; you can use a safety bar against a chair or table/ wall or steady object). Hold for 3 to 5 seconds. Then roll your R foot/ leg to the inside and hold for 3 to 5 seconds, then roll your leg to the outside holding for 3 to 5 seconds. It is very stiff and uncomfortable rotating leg to inside. Another way to tackle this stretch is by reaching with both of your arms to the inside and outside of R leg, while continuing to slowly rotate your leg reaching opposite of your foot rotation. This is an outstanding stretch for lower back, shoulder and active body (Especially important for those who sit for most of their workday).

16. Squeezing Stretches
   Stand up tall and cross your R leg over your L knee. Turn your body to the R and gently pull your R knee up towards your R shoulder and hold for 5 to 10 seconds. Repeat __ 1 __ to 2 __ times, and repeat other side. Key stretch to prevent or treat lower back pain, sciatic pain, and incontinence problems. If this feels good, keep doing it! You can also sit up straight and reach for the sky with both hands behind each shoulder with this stretch too.

17. Seated Twist (Rotation) Stretch
   Sitting tall reach your R hand and put this on the outside of your L knee and gently twist towards your L side. Hold for 3 to 5 seconds. Repeat other side and hold for 3 to 5 seconds. You may gently rotate your hips (Especially important for those who sit for most of their workdays).

18. Calf Stretch
   Stand facing a wall in a staggered stance L foot forward foot back (face facing the wall). Have both hands reaching forward at shoulder height and launch forward until you feel a stretch R calf. Hold for 3 to 5 seconds. Shift hips to R side and hold for 3 to 5 seconds. Shift hips to L side and hold for 3 to 5 seconds and repeat __ 2 __ to 3 __ times. Lunge forward until you feel a stretch R calf, hold for 3 to 5 seconds. Then lean back over your R shoulder and hold for 3 to 5 seconds. Next lean back over L shoulder and hold for 3 to 5 seconds, repeat __ 2 __ to 3 __ times. Great stretch to improve your lower back strength and trunk flexibility while reducing stiffness.

Disclaimer:
This program is intended to provide general information on the industrial Athlete WorkSmart Stretching Poster to avoid or reverse and break up the sustained postures you do frequently during the workday or at home to reduce fatigue, or discomfort to your body. Taking Bio Ergonomics’ “Pin It to Win It” challenge will reverse the postures you do frequently or to reverse and break up the sustained postures we do daily will keep your body healthy and feeling better for LIFE. You and your family are worth the effort!

St. Luke’s Health System “Industrial Athlete—WorkSmart” Stretches that will improve your working bodies vitally as we age They will also reduce the daily wear and tear and risks for injury to your working body. Remember to do any one of these stretches more frequently during the workday or at home to reduce fatigue, or discomfort to your body. Taking Bio Ergonomics’ “Pin It to Win It” challenge will reverse the postures you do frequently or to reverse and break up the sustained postures we do daily will keep your body healthy and feeling better for LIFE. You and your family are worth the effort!

Sources:
3. Attending four Gray Institute “Chain Reaction” courses from “99-05” led by Gary Gray PT, FAPTS and FAPTS “Functional Flexibility - Enhancing Life 2.11” B2004 www.grayinstitute.com
4. Erik Nieuwenhuis MD, PT “The WorkSmart and Get Fit Guy”
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