

OFFICE STRETCHES

Stretching Sequence

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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WARM UP AND STRETCH



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

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

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

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