

# STRETCH AND FLEX

## 9 stretches to reduce your risk of injury



### Cactus Arms

1. Raise your arms, bend your elbows at 90° angles, and reach your elbows behind you. Inhale.
2. Keeping your arms raised, lower your chin to your chest and bring your forearms together in front of you as you exhale.
3. Return your arms to their original position as you inhale.
4. Repeat 5 times.



### Side Stretches

1. Lift your left arm straight above you.
2. Bend at your waist towards your right, reaching up with your left arm.
3. Hold the position as you inhale and exhale for three deep breaths.
4. Switch sides, reaching up with your left arm and bending towards your right.
5. Repeat three times, switching sides each time.



### Top Archer Arm

1. Reach your left arm up. Bend your left elbow and reach your hand toward your back.
2. Reach your right arm up and place your hand on your left elbow. Gently push your left arm down.
3. Bend at your waist to the right, stretching your left side.
4. Hold for 10 deep breaths.



### Shoulder Opener with Wall Assist

1. Stand facing a wall.
2. Extend your left arm out and to the side, palm flat against the wall.
3. Slowly walk your feet back a few inches, pivoting at your shoulder, until you start to feel a stretch in your upper chest and shoulder.
4. Hold, breathing deeply for ten deep breaths.
5. Switch sides and repeat.



### Twists against the Wall

1. Stand with your side to the wall, leaving a small gap between you and the wall.
2. Twist your upper body forward and to the side, towards the wall.
3. Place both your palms on the wall and twist more deeply.
4. Hold, breathing deeply for five deep breaths.



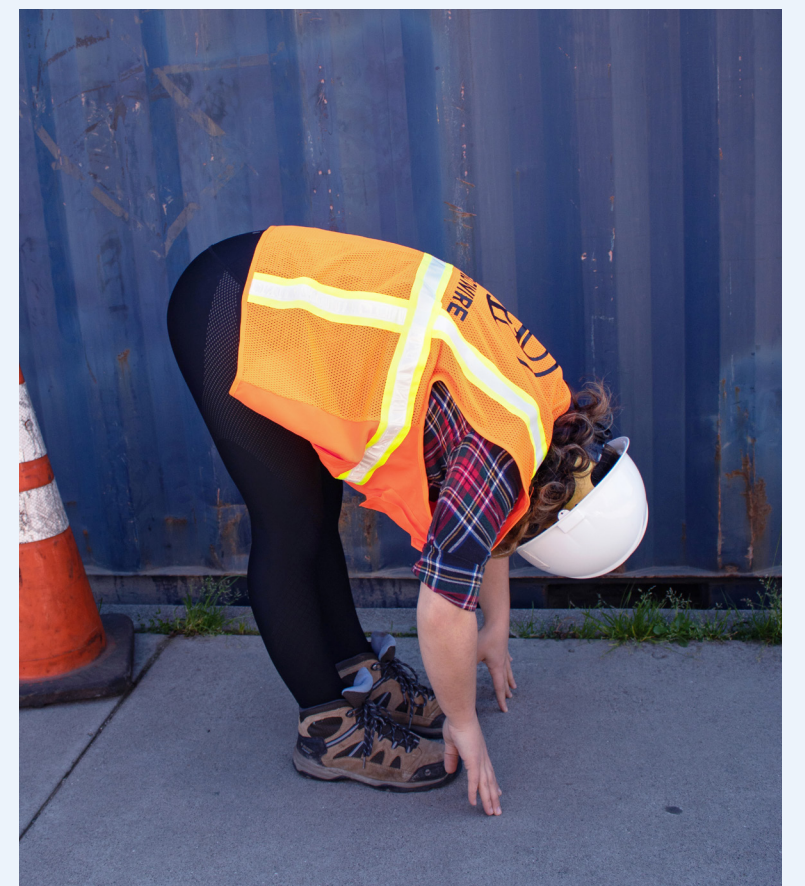
### Puppy on Wall

1. Place your palms on the wall at shoulder height, fingers pointing up.
2. Keeping your hands on the wall, walk a few steps backwards. Drop your chest.
3. Keep feet firmly planted and allow your chest and upper back to open.
4. Hold, breathing deeply for four deep breaths.



### Standing Quad Stretch

1. Shift your weight into your right foot as you place your right hand on a wall to steady yourself.
2. Bend your left leg and grab your left foot with your left hand.
3. Hug your left foot in towards your butt while pressing your hips forward.
4. Hold, breathing deeply for six deep breaths.



### Forward Fold

1. With a slight bend in your knees, reach your arms towards the floor.
2. Deepen the bend by further bending at the knees until your stomach touches your thighs.
3. Hold your opposite elbows with your hands.
4. Shift your weight into the balls of your feet.
5. Hold, breathing deeply for ten deep breaths.

## Do this stretch at home after you've left work:

Sit next to a wall so your hip is touching the wall.

Extend your legs up the wall.

Extend your arms out and lay them on the floor.

Relax in this position for 10-15 minutes.

