

Independence School District Workplace Stretches



Start with your hand open. Then make a fist, keep thumb straight.



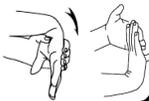
Slide your finger tips up your palm so the tips of your fingers are near the base of your fingers and you should feel a stretch. Do not force your fingers with your other hand if something is painful.



With your hand open and facing down, gently bend wrist from side to side, as far as possible. Hold for 3 to 5 seconds. Repeat 3 times.



Start by stretching your arm and hand out and slowly rotate the wrist down until you feel a stretch. Hold for 3 to 5 seconds. Next, rotate the palm up until you feel a stretch. Repeat 3 times.



Grasp your hand and hold your fingers with the other hand. Slowly bend your wrist down until you feel a stretch. Hold for 3 to 5 seconds. Relax. Repeat 3 times. Then slowly bend your wrist up until you feel the stretch. Hold and relax as above.



Put left arm behind your back, slowly bend your right ear toward your right shoulder; a mild, comfortable stretch should be felt through neck and upper shoulder. Hold 10 seconds, release slowly. Switch sides

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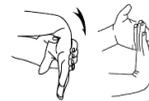
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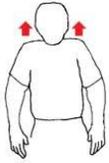
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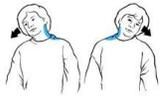
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Raise the top of your shoulders towards your ears until you feel slight tension in your neck and shoulders. Hold this feeling of tension for 3 to 5 seconds. Then relax your shoulders downward into their normal position. Do this 2 or 3 times.



Drop your head slowly to the left, trying to touch your left ear to your left shoulder. Repeat on the right side. Slowly drop your chin to your chest, turn your head all the way to the left, and then turn all the way to the right.



Slowly roll your shoulders backward five times in a circular motion. Next, roll your shoulders forwards.



Reach both arms straight out in front of you (standing or sitting). Grab your left wrist lightly and pull left arm an inch further out, inhale deeply and hold for 5 seconds; a mild, comfortable stretch should be felt in your mid back, between your shoulders. Hold stretch for 5 seconds, exhale and release slowly, switch sides.

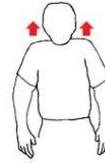


Stand up straight with your feet shoulder width apart. Keep your knees as straight as possible. Place your hands on your back firmly at your waist level. Bend backwards at your waist keeping the knees as straight as possible. Hold for 15 seconds. Return slowly to the upright position.

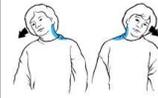


Standing, put your left leg straight out in front of you (can be performed with your heel on 2-6" step or flat on ground). Lift your left toes up so only your heel touches the ground. Keeping your back as straight as possible, bend forward from your hip; a mild, comfortable stretch should be felt at the back of your thigh. Hold stretch for 10 seconds, release slowly. Switch sides.

Questions, contact Wellness Center @ ext. 10125



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