**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.
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