



City of Duluth Stretching Program



Why?

- Preparing your muscles and joints before putting them to work is the best way to prevent injury in the workplace.
- Additionally stretching will improve flexibility, strength, balance, circulation, and range of motion.

General Notes

- Stretching should be individualized, go as far as your body is capable (mild tension in muscle).
- All movements should be slow and controlled.
- Perform each of the exercises listed below for 15-20 seconds (unless otherwise noted).

Warm Up

- Ensure the muscles are warmed up before performing these exercises
- Jog or march in place, or do some jumping jacks for 2-3 minutes to increase the heart rate and get blood flowing to the muscles



Neck Stretch

- Keeping shoulders relaxed, lean the head to one side bringing the ear to the shoulder
- Using the opposite hand, gently pull the stretch further
- Repeat on the opposite side



Shoulder Cross Over

- Fully extend one arm, and bring it across the chest to the opposite side of the body
- Using the opposite arm, pull the extended arm against the chest and hold
- Repeat on the other arm



Tricep Pull Down

- Raise one arm, and flex the elbow so the hand falls behind the back
- Using the other hand, gently pull down on the elbow
- Hold, and repeat on the opposite arm



Shoulder Blade Squeeze

- Keeping the arms relaxed, squeeze the shoulder blades together, as if holding a pencil between the scapula bones
- Hold for 5-10 seconds, and relax
- Repeat the stretch 3 times



Backward Bend

- Standing with feet shoulder width apart, place the hands on your hips
- Bending at the waist, gently lean backwards while simultaneously pushing the groin forward



Side Bend and Reach

- Standing with feet greater than shoulder width apart, bend laterally at the waist to one side
- Reach the opposite arm over the head, bending as far as permitted
- Repeat on the other side



Spiders

- Bring the hands in front of the chest, and join at the fingertips
- Keeping the fingertips together, bring the palms closer together
- Repeat the movement 10-15 times, separating and rejoining the palms



Wrist Flexion/Extension

- Fully extend one arm in front of you
- Point the fingers to the sky, and pull back using the other hand
- Next, point fingers to the ground, pulling back with opposite hand
- Repeat on the other arm



Standing Quad Stretch

- Standing on one leg, using a wall for balance if necessary, send the free leg backwards
- Grab the foot with the arm of the same side, pulling the foot towards the buttocks
- Repeat on the other leg



Standing Hamstring Stretch

- With toes facing forward, stagger the legs by placing one foot a stride length in front of the other
- Bending at the waist, reach the hands towards the front foot
- Repeat on the other leg



Calf Extension

- Step forward with one leg, keeping the back leg fully extended
- Lean forwards, keeping the heel of the back leg on the ground
- Repeat on the other leg

