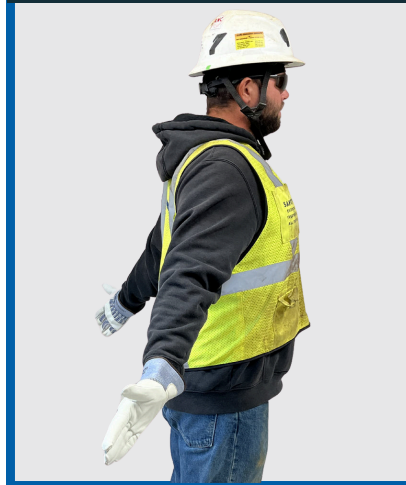


Counterstretches - All Day. Every Day.

Finger Stretches



Chest Opener



Backbend



Reverse Pinch



Chin Nod/Tuck



Perform Pre-Shift & After Breaks

Butterfly



Place your hands on the back of your head with your elbows pointing forward.

Press your elbows out to your sides and back until you feel a gentle stretch.

Hold briefly, then return to the starting position. Repeat 5-10 times.

Wax On Wax Off



Stand with feet shoulder width apart, arms in front, with palms facing out.

Bring your arms out to the side with fingers pointing down towards the ground until a stretch is felt. Return to the starting position.

Repeat 5-7 times.

Lunge n' Lean



Bring one foot forward with knee slightly bent. Bring other foot back into a staggered stance, keeping heel on the ground.

Lace fingers together, turn palms out. Raise arms above head.

Reach tall and gently lean toward the leg that's in front. Switch legs and repeat. Perform 3-5 times.

Side-to-Side Lunge



Start with feet wider than your shoulders.

Lean to one side then lean to the other.

Repeat 5-10 times each side.

Hamstring Stretch + Glide



Bring one leg forward with knee straight.

Hinge forward at hips until stretch is felt in the back of the leg. Then move your foot up and down.

Repeat 5-10 times each leg.

Overhead Reach to Pull Down



Clasp hands together and reach overhead.

Then pull down, like you are trying to bring your elbows into your back pockets, and squeeze your shoulder blades together.

Repeat 3-5 times.

INSTRUCTIONS

Perform stretches for each body region to prepare your muscles before work or after you've been on lunch/breaks.

These warm-up exercises should not increase or reproduce pain.

If you cannot complete the full range of motion, do what you can comfortably.

CONTACT INFO

Gina Miller, PT, DPT, OCS

gmill@onsitesolutionspt.com

(612) 860-9388

Counterstretches - All Day. Every Day.

Finger Stretches



Chest Opener



Backbend



Reverse Pinch

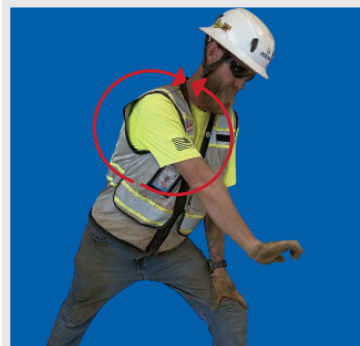


Chin Nod/Tuck



Perform Pre-Shift & After Breaks

Lunge w/ Arm Circles

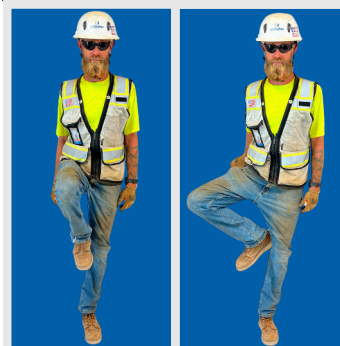


Bring one foot forward with knee slightly bent. Bring the other foot back into a staggered stance, keeping the heel on the ground.

Move your arm into a large circle going backwards and forwards. Switch legs and repeat with your other arm.

Perform 5-10 circles in each direction.

Hip Openers



Bring one leg up and out to the side.

Repeat with your other leg.

Alternate legs 10 times.

Thread the Needle

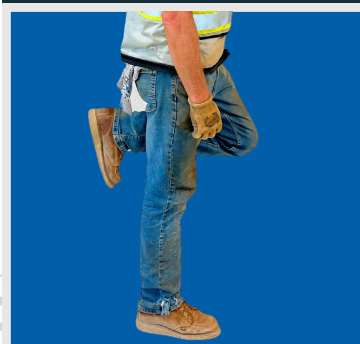


Start with feet shoulder width apart and hands resting on thighs.

Reach right arm through the opening between left arm and your body. Slowly rotate your trunk to reach your right arm up toward the sky/ceiling.

Repeat with other arm. Repeat 3-5 times per arm.

Butt Kickers



Bend your knee, bringing your heel towards your buttock.

Alternate legs. Repeat 10-15 times.

Hip Hinge with T-W-Row



Bend your knees, leaning forward slightly at your hips. Bring your arms out into a "T" (2) squeezing your shoulder blades together then return to start (1).

Bring arms into a "W" (3) squeezing your shoulder blades together then return to start (1).

Row arms (4) bringing hands toward hips and squeezing your shoulder blades together then return to start (1). Repeat this sequence 5-7 times.

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