WorkSmart Stretching Plan

Reach for the Sky Cat Back Stretch

Standing Trunk Extension Standing Trunk Sidebend Standing Trunk Rotation Chin Tuck

Neck Stretch Wrist Stretch

Wrist Stretch with Rotation Elbow Stretch Elbow Stretch w/over Pressure Shoulder Stretch

Doorway Chest Stretch Hip Flexor/Calf Stretch Quadricep Stretch Hip Adductor/Groin Stretch

Hamstring Stretch Sitting Piriformis Stretch Seated Twist Calf Stretch

Contact: Erik Nieuwenhuis, MS, PT
St. Luke’s IMPACC “WorkSmart Services”
2720 Stone Park Blvd.
Sioux City, IA 51104
712-279-1842
nieuwen@stlukes.org • www.stlukes.org
Frequent stretching and body movement is important to keep a proper blood supply to your working muscles and tissues throughout the workday to prevent fatigue, discomfort, and reduce your risks for MSD injuries. These stretches will also reduce your stress level, and increase your energy level throughout each workday. These should be done two to three times per day, or up to every hour, as determined by your body's fatigue/comfort level. Stretches should never be forced, and never cause any pain. Some discomfort is expected, but NO pain. Don’t bounce at the end of any stretch as this significantly increases the risk for sprains/strains. You should be sore for the first 24-48 hours afterwards.

1a. Reach for the Sky
Stand up tall and reach with both arms up to the sky (with one hand gripping your opposite wrist or elbow, if possible) and then slowly bend backwards and hold for 3 to 5 seconds. Repeat this stretch 1-2 times.

1b. Hamstring Stretch
Sit up tall and cross your R leg over your L knee. Turn your head to the R side and hold for 3 to 5 seconds. Repeat this stretch 1-2 times.

2a. Cat Back Stretch
Stand and reach with both arms straight out in front of you at shoulder level (gently hold both hands together), arch your back forward and hold this position for 3 to 5 seconds. Now add sidebending (photo 2b) and rotation towards your L side and hold for 3 to 5 seconds. Repeat __ times.

2b. Stretch to reduce upper back/neck and shoulder tendinitis of the elbow”.

3. Standing Trunk Extension (Backward Bend)
Standing up tall put your hands on your hips and slowly lean back while breathing slowly and hold for 3 to 5 seconds. Repeat this stretch 3-5 times.

4. Standing Trunk Side Bend
Stand up tall and bend towards your L side, reaching with your L hand overhead and hold for 3 to 5 seconds. Repeat other side, bending towards your R side with your L arm overhead and hold for 3 to 5 seconds. Repeat this stretch __ times.

5. Standing Trunk Rotation
Stand up tall and reach with your R hand towards your head. Rotate your body 3 to 5 times. Repeat this stretch __ times.

6. Chin Tuck
Stand up tall as in military attention, keeping your chin tucked down (looking straight ahead) and hold for 3 to 5 seconds. Repeat __ times. You can do this other way that you turn your head to the R side and hold for 3 to 5 seconds. Repeat this stretch __ times.

7. Neck Stretch (3 Positions A, B, and C)
Place your L hand on top of your R shoulder, gently pull up and tilt your head towards your R shoulder while looking straight ahead. Photo A, hold for 3 to 5 seconds. Repeat other side. Photo B, With L hand holding R shoulder slightly out towards your back, then bend forward and hold for 3 to 5 seconds. Repeat other side. Photo C, With L hand holding R shoulder down tip your head towards your L shoulder and then gently look back over your R shoulder and twist your head to the L side and hold for 3 to 5 seconds. Repeat other side. Repeat this stretch __ times.

8. Wrist Stretch
Hold R arm out in front of you at shoulder level fully extended with palm facing forward and gently pull your R fingers back until you feel a good stretch to your R forearm. (See photo a). Hold for 3 to 5 seconds, then pull your fingers across the front of your body (photo b) and hold for 3 to 5 seconds, lastly rotate your hand towards the outside and hold for 3 to 5 seconds (no photo). Repeat other side. Repeat __ times. This is a great stretch to do first thing in the morning in a warm shower to reduce neck/shoulder stiffness. This stretch really helps to reduce your risks (or is a must in the treatment) of elbow, wrist and hand MSD/CTD problems too!

9. Elbow Stretch
Hold both arms out in front of you at shoulder level with palms facing down and slowly start to point your fingers towards the floor. Hold this position 3 to 5 seconds or until a comfortable stretch is felt. Repeat this stretch __ times.

10. Shoulder Stretch (Posterior capsule)
Reach your R arm directly across the front of your body at shoulder level and with your L arm gently give an overpressure to your R arm (just above your R elbow). Hold for 3 to 5 seconds. Repeat other side. Repeat __ times.

11. Doorway Chest Stretch
Stand in a doorway with your feet staggered (one in front of the other) and your arms as shown in the photo with palms facing away from you and looking straight ahead (as making a fetal position). Hold this position for 3 to 5 seconds. Tweak this stretch by placing your hand on the inside of your back (R side) and hold for 3 to 5 seconds and repeat by turning your head to the L side and hold for 3 to 5 seconds. Repeat __ times.

12. Hip Flexor/ Calf Stretch
Stand facing a wall, lean forward toward the wall with your feet at approximately shoulder level and your left foot toes pointed either straight forward or slightly toed in. Slowly raise your right knee as high as you can comfortably
toward the wall and hold for 3 to 5 seconds and then back toward the floor (knee extended) as if you were walking up the stairs and repeat this stretch 3-5 times. This stretch by adding a side to side motion of your leg in the forward flexed hip and knee position and range (frontal plane) and also tweak rotation left to right side (transverse plane) in this forward flexed hip and knee position.

“Your core is a must in the treatment) of elbow, wrist and hand MSD/CTD problems too!”

13. Quadriecp Stretch
Stand up tall and pull your R foot up towards your buttocks (gloves maximus) and hold your R foot with your R hand for 3 to 5 seconds. Repeat this stretch two to five repetitions. Y ou can also come up straight and reach for the sky with both hands and repeat this stretch with both hands moving in the forward direction (no photo)

14. Hip Adductor/ Grain Stretch
Start with your feet wider than shoulder width apart and feet pointed forward or with a slight toe out posture. Slowly bend forward reaching down towards the floor (between your feet) with both hands while breathing out and hold for 3 to 5 seconds. Now slowly reach both hands towards your R foot and hold for 3 to 5 seconds and lastly repeat this stretch reaching towards your L foot for 3 to 5 seconds. Repeat this stretch for 1 to 2 repetitions (You can also come up straight and reach for the sky with both hands and repeat this stretch with both hands moving in the forward direction (no photo)

15. Hamstring Stretch
Stand up and extend your R leg in front of you on a chair against the wall for stability (or you can use the stairs), gently pull the toes of your R foot back towards your head as in photo a and both of your feet in front of you towards your feet (to help your balance and you may want to do this with your arms crossed over your chest). Hold for 3 to 5 seconds. Then roll your R foot/leg to the inside and hold for 3 to 5 seconds, then roll your leg to the outside holding for 3 to 5 seconds. Another way to tweak this stretch is by reaching with both of your arms to the inside and outside of your R leg, while continuing to slowly rotate your leg. This is an outstanding stretch for your hips, trunk, and entire body (Especially important for those who sit as much as you can stretch your TMJ joint. Best stretch to get rid of your headaches! You can tweak this stretch by adding extension and rotation left to right side (transverse plane). Now turn your fists in towards each other and hold for 3 to 5 seconds. Repeat other side. Repeat this stretch __ times. You can further tweak this great hip stretch by Staggering your feet, and toing your feet in or out. This stretch reduces the biomechanical stresses to your lower back, knees and hips and will allow you to have more fun in your daily life at work and at play!

16. Siting Pinwheel Stretch
Sit up tall and cross your R leg over your L knee. Turn your body to the R and gently pull your R leg up towards your L shoulder and hold for 3 to 10 seconds. Repeat __ times, and repeat other side. Key stretch to prevent or treat lower back pain, sciatic pain, and hip and knee pain.

17. Seated Twist (Rotation) Stretch
Sitting up tall reach your R hand and put this on the outside of your L knee and gently twist your L leg towards your R leg. Hold for 3 to 5 seconds. Then repeat this stretch with your hands on your hips. This is an excellent stretch to improve hip, shoulder, and trunk flexibility while reducing stiffness.

18. Standing Calf Stretch (on stairs)
Stand up tall on the stairs while hanging onto 1 or 2 rails and slowly back up to allow your heels to fall towards the floor (have your toes pointing straight ahead, feeling a good stretch in your calf and hamstring muscles. Hold for 3 to 5 seconds, then shift your weight towards your R side and hold for 3 to 5 seconds and then shift your weight towards your L side and hold for 3 to 5 seconds. Repeat this stretch __ times. You can tweak this stretch further with a slight toe in or out posture of your feet or by stepping one foot 1-2 stairs and repeating this same stretch (really increases the stretch to your hip flexor muscle also). This is a great stretch for your calf (hip flexor if you raise 1 foot up 1-2 stairs) and will help reduce daily wear and tear to your entire working, aging body.

St. Luke’s Health System “Industrial Athletic–WorkSmart” Stretches that will improve your working bodies vitality as we age. They will also reduce the daily wear and tear and risks for injury, reduce stress, and improve your energy level to your working body. Remember to do any one of these stretches more than 1-2 times, to show the benefits of these stretches improving your entire working, aging body.

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Disclaimer:
This program is intended to provide general information on the IMPACC Industrial Athletic WorkSmart Stretching Plan to avoid workplace muscle fatigue and discomfort to your working, aging body. These types of exercises may not be appropriate for all individuals. Before beginning this or any other type of exercise program, consult with your physician and/or physical therapist to determine what exercise program is suitable for you. If at any time while performing these exercises you experience any pain, numbness, and/or tingling, discontinue performing these exercises and contact your physician immediately.

Erik Niewieski MS, PT
“The WorkSmart and Get Fit Guy”
St. Luke’s IMPACC “WorkSmart” Services
2720 Stone Park Blvd
Sioux City, IA  51104
712-279-1842
Niewieski@stlukes.org
www.stlukes.org

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