

Daily Stretches for Those Who Push, Pull, & Lift

Provided by the Kinesiology Department, California State University Northridge
Shane Stecyk (Athletic Training), Bill Whiting (Biomechanics) & Steven Loy (Exercise Physiology)
Program assembled by Christian Robinson, Lori Fedyk, Amber Rodarte, & Gina Jo

Stretches should be performed for 30 seconds on each side, several times a day. Go slow, to the point of tightness but NOT pain. Always consult with a physician or certified professional prior to beginning any exercise program or if you have any injury.



1. Pectoral Stretch

Used to stretch the pectoral muscles, a common source of poor cervical posture. Stand with left side to the wall, elbow at shoulder level and palm flat on the wall. Place left foot forward and lean forward bending the left knee. Reverse for right side.

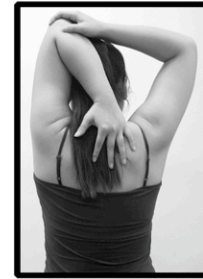
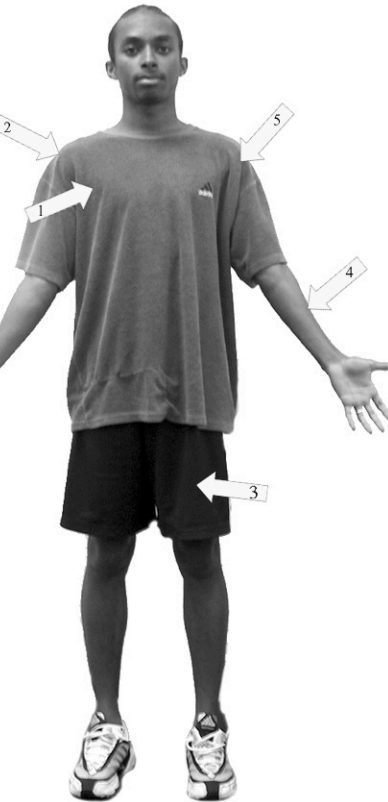


2. Shoulder Stretch I

Stand with feet shoulder width apart and place hands behind back. Rest hands on the desktop and squat down. Begin with hands shoulder width apart and slowly move closer together.

3. Quadriceps Stretch

Used to stretch the quadriceps. Standing near a table or wall to use as support, grasp the foot behind the back and pulls it toward the buttocks. The body should remain in an upright position with the hips forward. If unable to reach the foot, use a strap/towel/rope to assist with pulling the foot toward the buttocks.



5. Shoulder Stretch II

Can be performed in sitting or standing position. Inferior capsule: place hand on back of neck. Use the other hand to pull elbow behind head.



Flexor



Extensor

4. Flexion/Extension Wrist Stretch

Extend the elbow of the arm to be stretched. With the opposite hand, grasp the body of the hand of the arm to be stretched and pull the hand back towards the body. For flexion of the wrist, the palm is supine (palm up). For extension of the wrist, the palm is prone (palm down).



7. Lower Calf Muscle Stretch

Stand with the involved leg behind the uninvolved leg, keep the foot flat on the floor with the foot turned slightly inward, and then slowly bend the knee until a stretch is felt in the lower calf.



6. Scalene Stretch: Posterior, Medius, Anterior

The arm on the side being stretched is placed behind the back in all positions, and the opposite hand is placed over the head and above the ear. Perform the stretch in three positions: the face turned to the opposite armpit, the face looking forward while the head is tilted, the face turned to the side being stretched and look to the ceiling.



12. Rhomboid Stretch

Stand facing the edge of a door, with the feet placed on either side of the door and the hands on the doorknobs. With the legs straight, lean the hips backward. The arm should remain straight and relaxed as the body moves backward and downwards, moving into a squat position.



8. Upper Calf Muscle Stretch

Performed with the leg to be stretched behind the opposite leg. Place body weight on the arms, which are supported on the wall and on the front foot while the back leg, remains extended at the knee. The heel should remain in contact with the floor; the hip should be forward of the knee; and the foot should be in a straight line or the toes slightly turned inward.



11. Plantar Fascia Stretch

A wall or the end of a cabinet/desk can be used. Stand with the involved leg in front of the uninvolved leg, dorsiflex (toe up) the foot and rest against a wall/cabinet/desk. Lean towards the wall until a stretch is felt in the arch of the foot.



9. Bent-Over Stretch

Performed sitting in chair or from a standing position with the feet flat on the floor and apart. Starting from the neck, slowly flex forward and continue to bend the spine as the body flexes forward. For additional stretch wrap the hands around the ankles from inside the legs to outside the ankles and gently pull in. When returning to the starting position, place the hands on the knees and push with the arms to move upright rather than using the trunk muscles.



10. Hamstring Stretch

Used to stretch the hamstring muscles on the back of the thigh. Stand with hips facing a chair or stool. Place one foot on the chair with knee straight. The other foot is facing forward. Keep the back straight and bend at the hip. Attempt to reach toward the toes with the opposite hand. Reaching forward with the same hand allows trunk rotation. The back should remain straight during the stretch.

Daily Stretches for Those Working the Desk

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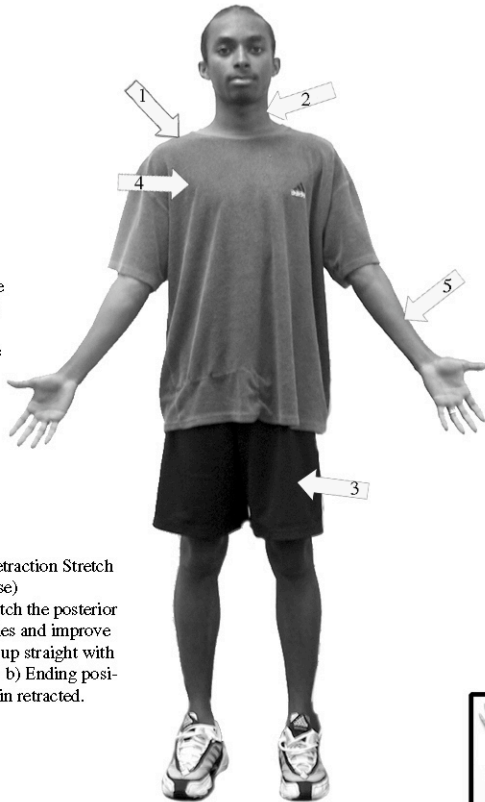


1. Upper Trapezius Stretch
 Performed in sitting position. Grasp the wrist of the side to be stretched and pull it across the body. The head is tilted away from the shoulder. Leaning the head to the opposite side can increase the stretch.



2. Cervical Retraction Stretch (Turtle Exercise)
 Used to stretch the posterior cervical muscles and improve posture. a) Sit up straight with chin extended. b) Ending position is with chin retracted.

3. Quadriceps Stretch
 Used to stretch the quadriceps. Standing near a table or wall to use as support, grasp the foot behind the back and pull it toward the buttocks. The body should remain in an upright position with the hips forward. If unable to reach the foot, use a strap/towel/rope to assist with pulling the foot toward the buttocks.



5. Flexion/Extension Wrist Stretch
 Extend the elbow of the arm to be stretched. With the opposite hand, grasp the body of the hand of the arm to be stretched and pull the hand back towards the body. For flexion of the wrist, the palm is supine (palm up). For extension of the wrist, the palm is prone (palm down).



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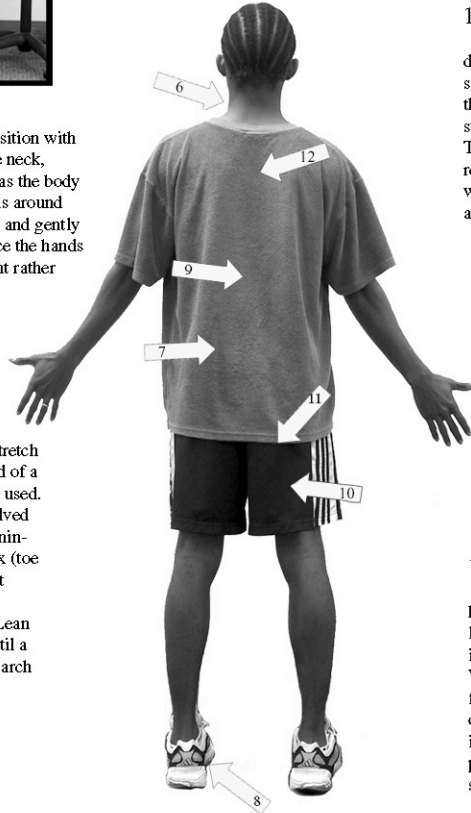
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9. Spinal Twist Stretch

Sit in a straight-backed chair. The feet are firmly planted on the floor, and the trunk is rotated slowly toward the back of the chair. With one hand placed on the chair back, the other hand is placed on the outside of the knee or the arm of chair. Use the hands to pull around and provide the stretch. The thighs should not move.



12. Rhomboid Stretch

Stand facing the edge of a door, with the feet placed on either side of the door and the hands on the doorknobs. With the legs straight, lean the hips backward. The arm should remain straight and relaxed as the body moves backward and downwards, moving into a squat position.



11. Piriformis Stretch

Used to stretch the internal hip rotators, a common source of low back pain. Can be performed in sitting or standing position. With one foot remaining on the floor, the opposite foot is crossed over the knee of the involved leg into a figure four. If in the sitting position, lean forward until stretch is felt.

10. Hamstring Stretch

Used to stretch the hamstring muscles on the back of the thigh. Stand with hips facing a chair or stool. Place one foot on the chair with knee straight. The other foot is facing forward. Keep the back straight and bend at the hip. Attempt to reach toward the toes with the opposite hand. Reaching forward with the same hand allows trunk rotation. The back should remain straight during the stretch.

