



# Shine

SUPPORTING HEALTH IN EVERYONE  
AN HHS PROGRAM

Performing these simple stretches everyday will help keep you moving and stretch out your muscles to avoid aches and pains at work.

## The Leaning Elbow Pump

Tricep, Lat and Oblique Stretch

Stand up straight and extend your straight right arm above your head. Bend your right arm at the elbow. Use your left hand to guide your right elbow behind your head until a stretch is felt in the right triceps. While holding the stretch, lean your body gently to the left until you feel a stretch down the right side of your upper body.

Hold for 10-30 seconds Repeat on opposite side



## Crossing Over

Shoulder and Rotator Cuff Stretch

Stand tall and cross one arm across your chest as shown, holding your upper arm lightly with your opposite hand for support; you should feel the stretch through the back of the shoulder.

Hold for 15-30 seconds Repeat on opposite side



## Push Over a Wall

Ankle and Calf Wall Stretch

Keep your right leg forward, foot flat on the floor, and extend your left leg straight back, placing your heel flat on the floor. Don't bend your back knee. Lean into the wall until you feel the stretch in the calf of the straight leg.

Hold for 15-30 seconds Repeat on opposite side



## The Stork Stretch

Standing Thigh (Quad) Stretch

Stand with your feet hip-width apart. Bend one knee, grab your ankle behind you and pull it gently towards your glutes.

Hold for 15-30 seconds Repeat on opposite side

Tip: Do this stretch near a doorway or wall, and use it to steady yourself if needed.



## Reach for the Toes

Hamstring Stretch

From a standing position, extend one leg out in front of you with your knee straight and your heel on the ground. Keeping your knee straight, lean forward with your back straight, toward your straight leg, bringing your chest toward your knee. You'll feel the stretch on the back of the thigh.

Hold for 10-30 seconds Repeat on opposite side

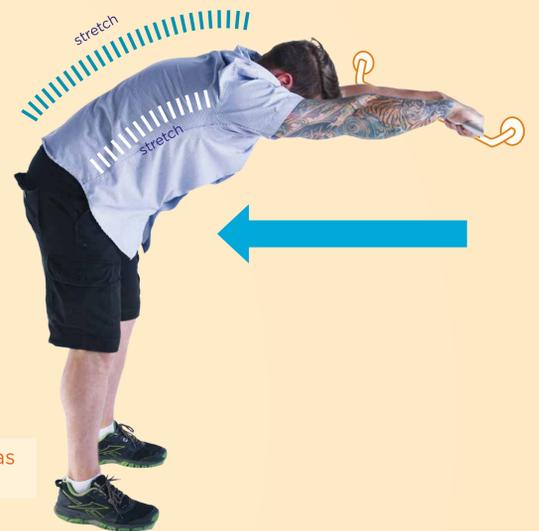


## The Olympic Diver

Upper Back Stretch

Hold on to a railing or something sturdy. Push your weight back and stretch the back, arms, and shoulders.

Hold for 20 seconds Repeat as desired



## Get Back!

Chest and Anterior Shoulder Stretch

Begin standing tall with your hand against a wall. Gently turn your body away from the wall until you feel a mild to moderate stretch across your chest and front of your shoulder without pain.

Hold for 15-30 seconds Repeat on opposite side

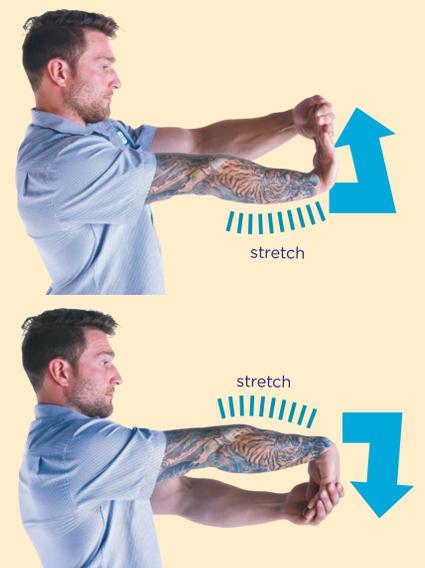


## Extend and Flex

Wrist and Forearm Stretch

Raise your arms out in front of you with your palms facing down and your fingers flat. Slowly extend your wrists and fingers so they are pointing up. Hold this position for a few seconds. Slowly lower wrists and fingers so that they are pointed toward the ground.

Hold for a few seconds Repeat as desired



### STRETCH SAFELY:

Use slow, steady movements and avoid "bouncing". If you feel any pain when doing these stretches, STOP immediately. If you have any existing injuries or you are not sure these stretches are right for you, please seek the advice of your health care provider.