Barbre Ergonomics
3808 South Hills Circle
Fort Worth, TX 76109
USA 817-927-4990
www.barbre-ergonomics.com

OFFICE - SHOP - CONSTRUCTION - VEHICLE - HOBBIES - SPORTS - CHORES

STRETCHES

DEVELOPED BY EXPERTS - FOR ALL AGE GROUPS - FOLLOW INSTRUCTIONS

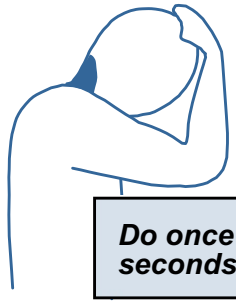
Do these quick stretches regularly to reduce fatigue and avoid injury:

1

Repeat 3 times, 5 seconds each

BACK EXTENSION

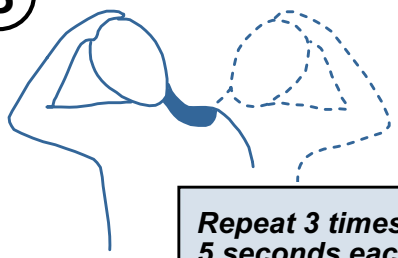
2



Do once for 15 seconds

NECK FORWARD

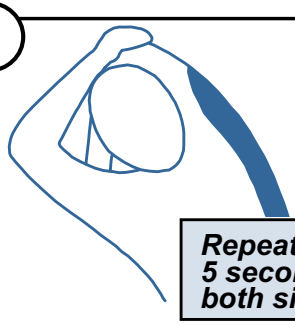
3



Repeat 3 times, 5 seconds each

NECK LEFT & RIGHT

4



Repeat 3 times, 5 seconds each, both sides

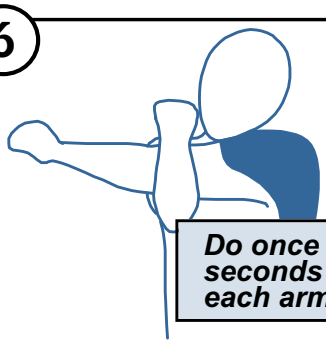
ELBOW PULLOVER

5

Do once for 15 seconds on each side

SHOULDER OVER

6



Do once for 15 seconds with each arm

SHOULDER ACROSS

7

Do once for 15 seconds each arm

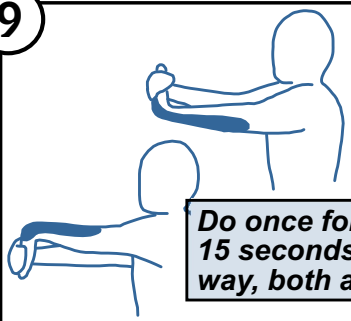
SHOULDER BACK

8

Do once for 15 seconds

BRIDGE STRETCH

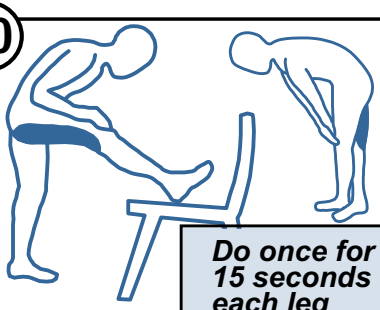
9



Do once for 15 seconds each way, both arms

FOREARM & WRIST

10



Do once for 15 seconds each leg

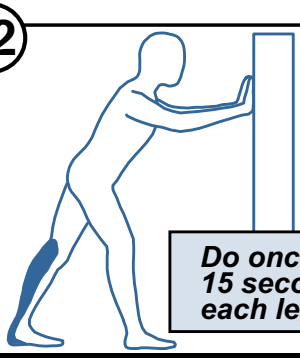
HAMSTRING STRETCH

11

Do once for 15 seconds each leg

QUAD & FLEXOR STRETCH

12



Do once for 15 seconds each leg

CALF STRETCH

© 2007 Barbre Ergonomics

Check with your physician before starting a new exercise program or if you have had recent joint trouble, muscle problems, or surgery

Barbre Ergonomics
3808 South Hills Circle
Fort Worth, TX 76109
817-927-4990
www.barbre-ergonomics.com

OFFICE - SHOP - CONSTRUCTION - VEHICLE - HOBBIES - SPORTS - CHORES

STRETCHES

DEVELOPED BY EXPERTS - FOR ALL AGE GROUPS - FOLLOW INSTRUCTIONS

Benefits of Regular Stretching:

- Increases range of motion, reduces sprain-strain injury risks, and helps control postural fatigue
- Warms and prepares muscles, pre-fueling them with oxygen and other needed chemicals
- Reduces internal friction and stiffness involving muscles, tendons, joints, and ligaments
- Reduces soreness and fatigue from long-term sitting, driving, bending, or reaching
- Improves comfort and decreases fatigue related to physical exertion, lifting, using tools, and so on

BACK EXTENSION AND SHOULDER BLADE PINCH

This exercise provides great fatigue relief for the lower, mid, and upper back. Stand with feet apart and gently lean backward to the point of mild tension with the arms also reaching back and squeezed toward each other. Tighten shoulder blades and low back muscles and hold for five seconds. Do three times.

NECK FORWARD STRETCH

This stretches the back of the neck and the area where the neck joins the upper back. Tilt your head forward and lower the chin toward the chest, placing a hand on the back of your head for added stretch. Hold for 15 seconds.

NECK LEFT AND RIGHT

This stretches the sides of the neck and the area where the neck joins the shoulders. Tilt head sideways toward shoulder without twisting neck -- move the ear directly toward shoulder. Do this stretch once for 15 seconds on each side.

ELBOW PULLOVER (LATERAL TORSO STRETCH)

This stretches the sides of the neck and the area where the neck joins the shoulders. Raise one arm overhead, grasp it at the elbow with other hand, and lean sideways from the waist, stretching the side of the trunk. Hold for 5 seconds, alternating for 3 times on each side.

SHOULDER OVER (LATERAL SHOULDER STRETCH)

Raise one arm overhead, grasp it at the elbow with other hand, and pull the elbow gently across behind the head, stretching the muscles and soft tissues on the side of the shoulder joint and surrounding area. Hold for 15 seconds, and repeat for the other shoulder.

SHOULDER ACROSS (POSTERIOR SHOULDER STRETCH)

Hold one arm straight across the chest and gently pull its elbow in closer and farther across. Hold for 15 seconds to stretch the back area of that shoulder. Repeat for the other shoulder.

SHOULDER BACK (ANTERIOR SHOULDER AND CHEST STRETCH)

Stand with a stable shoulder-high object directly to your side. Extend the arm on that side to touch the object with your fingertips with arm straight. Gently rotate your entire body forward and away from the object while keeping fingertips in place on the object, stretching the front side of that shoulder. Hold for 15 seconds and repeat, facing the opposite direction in order to stretch the other shoulder.

BRIDGE STRETCH FOR ARMS AND UPPER TORSO

Interlace fingers with palms pointing toward the sky, straightening the elbows and reaching as far upward as possible with both hands. Hold for 15 seconds.

FOREARM AND WRIST STRETCHES

Extend one arm forward without bending the elbow. Bend the wrist upward, and use the other hand to gently pull fingers back toward you, stretching the muscles and soft tissues on the bottom of the forearm and wrist. Hold for 15 seconds. Then release and bend the same wrist downward, gently pulling it down and toward you with the other hand. Hold for 15 seconds and repeat both stretches with other arm.

HAMSTRING STRETCH

Tight hamstrings can be a source of soreness, and often cause back soreness as well. Stretch hamstrings by standing with feet crossed and gently bending forward at the hips and waist to the point of mild tension.. You should feel this stretch along the back of the rear leg. Hold for 15 seconds and repeat with the other leg. Alternate version: place one foot up on a low object with knee straight and gently lean forward to stretch back of leg. Hold for 15 seconds and repeat with other leg.

QUAD AND FLEXOR STRETCH

Place one hand on a stable surface for support. Bend one knee to lift a foot up behind you. Bend forward and grasp that ankle with the opposite-side hand, and slowly stand back upright, gently pulling the leg upward behind you to stretch front of thigh (quadriceps) and upper thigh area (hip flexors). Hold for 15 seconds and repeat with opposite leg and hand.

CALF STRETCH

Stand at arm's length in front of a tall stable surface such as a wall or tree. Place both hands on the surface at chest level, and move one foot back about as far as your shoulders are wide. Push the rear heel all the way onto the floor or ground, and lean forward toward your hands to stretch the calf muscles and tendons on that leg. Hold for 15 seconds and repeat for the other leg. This stretch can also help relieve heel discomfort.

© 2007 Barbre Ergonomics

DO NOT BOUNCE OR TWIST WHILE STRETCHING