BACK STRETCHES

Low Back Hamstring Stretch

Bend forward at the waist keeping back and legs straight. Place hands just below knees with arms straight. Bring shoulders back and hold.

Back Bend

Place your hands on your hips or low back. Gently lean back and lift your chest.

Side Bend

Place the feet just wider than shoulder width apart. Stand up tall, relax your shoulders then slowly slide one hand down the side of your leg until you feel a stretch on the opposite side and hold.

TRUNK & SHOULDER STRETCHES

Trunk Rotation

Stand with feet shoulder width apart, knees slightly bent and bring your arms up behind your head. Slowly twist upper body to one side while keeping your pelvis facing the same direction as the feet. Keep the movement slow and controlled, only rotating as far as your flexibility will allow, and hold.

High Reach Stretch

Keep your feet flat on the floor. Reach both arms above head. Open hands and spread fingers. Reach until a stretch is felt through back, ribs and shoulder and hold.

Shoulder Shrug

Begin with shoulders relaxed. Raise both shoulders toward the ears and gently squeeze. Hold. Relax. Repeat.

Shoulder Stretch

Bring arm across body at chest level. Keep chest up. Gently pull arm toward body with opposite arm until stretch is felt through shoulder. Hold.

CHEST & NECK STRETCHES

Chest Stretch

Place both hands behind head. Keep back and neck straight and your chest up. Reach your elbows backward until you feel a stretch through your chest. Hold.

Neck Stretch, Side

Place one hand on top of your head while looking forward. Gently move your ear toward shoulder. Stop when you feel a stretch on the opposite side of your neck and hold.

Neck Rotation

Begin by looking straight ahead with shoulders relaxed. Turn head and look over shoulder until you feel a stretch in your neck and hold.

Neck Stretch, Front

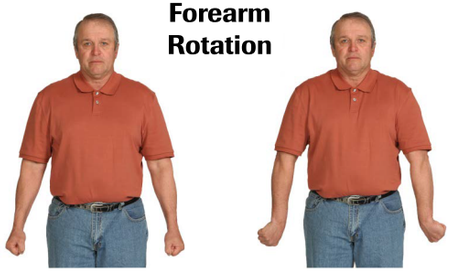
Begin by looking straight ahead with shoulders relaxed. Raise chin toward ceiling and tilt head back until stretch is felt in front of neck and hold.

Neck Stretch, Back

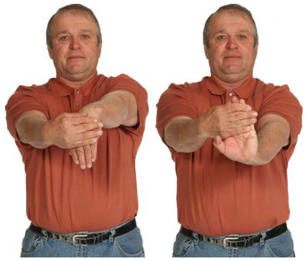
Begin by looking straight ahead with shoulders relaxed. Bring chin toward chest until a stretch is felt in the back of your neck and hold.

ARM, WRIST & HAND STRETCHES

Forearm Rotation



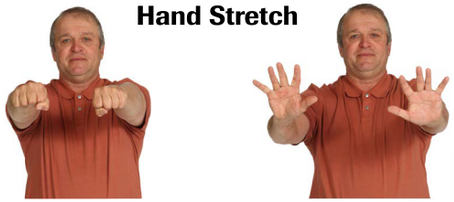
Stand with both arms comfortably at your side. Make a fist with each hand and rotate your wrist back away from you so that your knuckles will point toward you and hold.



Wrist and Forearm Stretches

First, reach one arm in front of body keeping the arm straight. Bend wrist to point fingers up. With opposite hand apply gentle pressure in palm and fingers until stretch is felt on the palm side of wrist and forearm. Hold. Second, keeping the arm straight, bend wrist to point the fingers down. With opposite hand apply gentle pressure on back of hand until stretch is felt on the opposite side of wrist. Hold.

Hand Stretch



Reach both arms in front of body. Make a fist and hold. Then slowly open fist, spreading fingers and hold.

LEG STRETCHES

Calf Stretch

Step back with one leg. Press back heel into ground while leaning forward until you feel a stretch in back of your calf. Hold.

Hamstring Stretch

Step forward with one leg keeping it straight. Slowly lean forward while keeping your back straight, shoulders back and chin up. When you feel a stretch in the back of the forward leg, stop and hold.

Quadriceps Stretch

Bend your knee and grasp ankle with one or both hands. Point your knee down. Gently, pull your ankle toward your back until you feel a stretch in the front of your leg and hold.

STRETCHING GUIDELINES

- Stretch daily before work, after breaks, and periodically throughout the day.
- Complete stretches slowly, smoothly, and under control.
- Maintain balance and posture while stretching.
- Focus on breathing and relaxed movement.
- Stretch to a comfortable tension.
- Do not stretch to a point of pain and avoid straining and bouncing.
- Hold each stretch for 10-15 seconds.
- Be sure to stretch both sides.

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EXTENSION

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WHY IS STRETCHING IMPORTANT?

Stretching increases flexibility.

Flexible muscles can improve your performance in daily activities so that tasks such as lifting objects and dressing are easier and less tiring.

Stretching improves range of motion.

Good range of motion in your joints keeps you in better balance, which will help you stay mobile and less likely to fall.

Stretching improves circulation.

Stretching increases blood flow to your muscles. Improved circulation can speed recovery after muscle injuries.

Stretching relieves stress.

Stretching relaxes the tense muscles that often accompany stress.

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FARMER DAILY STRETCHING PROGRAM

Supporting farmers and ranchers impacted by health conditions or disabilities