

# Get active at work

## Calf stretch



- While standing, take a step back with the leg to be stretched
- Feet should be facing forward and remain flat on the ground
- Hands can either be on your hips or with your palms touching a wall for stability
- Hold stretch for 30 seconds (You should feel a stretch in your calf)
- Repeat on the opposite side

## Shoulder blade stretch



- This exercise will help stretch the lower part of the shoulder blade.
- Clasp your fingers and position your arms above your head
  - Gently lean to your left side until you feel a mild to moderate stretch on the right side of shoulder blade
  - Hold for 30 seconds
  - Repeat on the opposite side

## Neck rotations



- This exercise will help stretch your neck muscles.
- Standing tall looking ahead
  - Turn your head to one side
  - Repeat on the opposite side
  - Hold for 30 seconds

## Neck side bend



- This exercise will help lengthen the neck and shoulder muscles.
- Place your right arm behind your back
  - Gently tilt your head to the left, bringing your left ear towards your left shoulder (You should feel a stretch on the right side and behind your neck)
  - Hold for 30 seconds
  - Repeat on the opposite side

Stretches can be completed during breaks, before and after your shift. Perform them slowly and gently. Do not 'bounce' when stretching.

You should not feel any pain or discomfort when performing these stretches. If you do feel pain, cease the stretch immediately.

If you have an existing injury, consult a health professional prior to completing these stretches.

For more Workplace Health & Safety tools and information visit [eml.com.au/resources](https://eml.com.au/resources)





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## Shoulder rolls



- This is a warm-up exercise for the upper body.
- Standing with both shoulders in a relaxed posture
  - Roll both shoulders backward in a circular motion
  - Repeat 5 times

## Chest & shoulder stretch



- This exercise will help stretch the chest muscles and help prevent shoulder pain.
- Standing in a relaxed posture facing forward
  - Clasp your hands behind your lower back
  - Move your arms away from you, while gently squeezing your shoulder blades together
  - Hold for 30 seconds

## Chin tuck



- This exercise will help lengthen the neck muscles.
- looking straight ahead
  - gently tuck your chin back towards your spine until you feel a mild to moderate stretch at the back of your neck (Avoid dropping your chin to your chest)
  - hold for 5 seconds and repeat 3 times

## Side stretch



- This exercise will help stretch the trunk muscles.
- standing with feet shoulder width apart and arms at your side
  - slowly slide your left hand towards your left knee
  - hold for 30 seconds until you feel a mild to moderate stretch at the opposite side of your upper trunk
  - repeat on the opposite side

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## Upper arm stretch



This exercise will help stretch the upper arm muscles.

- Take your right arm across your chest
- Gently use the left arm to push your right arm towards your chest to increase the stretch
- Hold for 30 seconds
- Repeat on the opposite side

## Forearm Stretch 1 [Extensors]



This exercise will help stretch the wrist muscles.

- Straighten your right elbow with your palm facing downward, bend wrist so your fingers point towards the floor
- Use your left hand to gently bend your wrist until a mild stretch is felt at your forearm
- Hold for 30 seconds
- Repeat on the opposite side

## Low back stretch



This exercise will help stretch the low back muscles.

- Stand with your knees slightly bent
- Start with your hands at your low back
- Slowly bend backward as far as you can without discomfort
- Hold for 5 seconds
- Repeat twice

## Forearm Stretch 2 [Flexors]



This exercise will help stretch the wrist muscles.

- Make a stop sign with your right hand
- Use your left hand to gently pull fingers backwards until you feel a stretch on the underside of your forearm
- Hold for 30 seconds
- Repeat on the opposite side

Stretches can be completed during breaks, before and after your shift. Perform them slowly and gently. Do not 'bounce' when stretching.

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## Calf stretch



This exercise will help stretch the lower leg muscles and can relieve heel discomfort.

- While standing, take a step back with the leg to be stretched
- Feet should be facing forward and remain flat on the ground
- Hold stretch for 30 seconds. You should feel a stretch in your calf
- Repeat on the opposite side

## Hamstring stretch



This exercise will help stretch the thigh muscles.

- Step forward with the leg to be stretched forward
- Bend forward from the hips keeping your back straight
- Point your toes towards the ceiling (until you feel a stretch in the back of your thigh)
- Hold 30 seconds
- Repeat on the opposite side

## Quadriceps stretch



This exercise will help stretch your thigh muscles.

- While standing, bend your right knee and gently pull your right ankle towards your bottom
- Push your hip forward. You may need to use your left hand for support
- Hold 30 seconds
- Repeat on the opposite side

## Hip flexor stretch



This exercise will help stretch your hip muscles.

- From a standing position, take a step forward with the left leg and slowly lower the right knee to rest on the floor
- Gently push your hip forward. You should feel a stretch in the front of the right thigh
- Hold stretch for 30 seconds
- Repeat on the opposite side

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