

## Level 1 Upper Extremity Stretches

### Flexor Wad (Medial Elbow) Prayer Stretch



#### Instructions:

1. Bring palms together, keeping shoulder blades down.
2. Press hands together and down until you feel a mild to moderate stretch under your forearms.
3. Hold for at 15 to 30 seconds. Repeat 1 to 2 times.

**Watchpoint:** Ensure the bottom of the palm stays in contact.

### Flexor Wad (Medial Elbow) Static Stretch

#### Instructions:

1. Extend arm in front of you with palm facing up.
2. Keeping the fingers and elbow straight, and keeping the shoulder blade down, gently pull the wrist down until you feel a mild stretch in the inner forearm.
3. Hold for 15 to 30 seconds. Repeat 1 to 2 times with each arm.



**Watchpoint:** Ensure the elbow stays straight and the fingers fully extended.

### Extensor Wad (Lateral Elbow) Static Stretch

#### Instructions:

1. Extend arm in front of you with palm facing down.
2. Keeping the elbow straight and shoulder blade down, gently grip your thumb within your palm and curl your wrist down until you feel a mild stretch at the lateral elbow.
3. Hold for 15 to 30 seconds. Repeat 1 to 2 times with each arm.



**Watchpoint:** You may assist the stretch using your opposite hand to further bend your wrist down.

### Cervical Flexion with Side to Side Rotation



#### Instructions:

1. Looking forward bring chin in and hold shoulder blades down your back.
2. Tip your head to the right side and slowly lower into flexion as you gently feel a pull on the opposite left shoulder and neck. Goal is to rotate and touch your chin to your clavicle.
3. Repeat instructions to the opposite side.
4. Hold for 15 – 30 seconds. Repeat 1-2 times.

**Watchpoint:** Ensure your shoulders are head down your back as though tucking them into your back pockets.

### Lateral Shoulder Stretch

#### Instructions:

1. Cradle the elbow and pull it across the chest until a gentle stretch is felt in the back of the shoulder.
2. Hold for 15 - 30 seconds. Repeat 1-2 times on each side.



**Watchpoint:** Ensure the shoulder blades stay down.

## Advanced Upper Body Stretch

### PVC Advanced Total Upper Body Stretch

#### Instructions:

1. Hold PVC so arms are fully extended, lightly grip the PVC and begin raising overhead 8-12 times as a warm up.
2. Once overhead grip the PVC and pull outward as though you were stretching the stick, you will feel immediate activation of your upper back and shoulder muscles.
3. Holding this muscle activation begin reaching backward behind your head slowly, you can only go as far as your body is flexible. Avoid going too fast and missing the barrier to your flexibility.
4. As the upper torso and shoulder improves in its flexibility you will reach further back ward to the point of resting at your back.



5. During this later phase, monitor your grip as the tendency is to release your fingers. It is important to keep gripping and extending your pull outward from the elbows through your wrist. When done correctly you will also feel a pull along the inner elbow and forearm to complete the full intent of this advance exercise.

**Watchpoints:** During your stretching allow for static 15-30 second holds at your individual barriers. In time and with consistency your flexibility will improve allowing for more range.

# Static Standing Exercises

## Standing Body Squats



### Instructions:

1. Start with legs shoulder width apart.
2. Squat down to a comfortable level, allow your knees and hips to stay open and point your tailbone backward as you squat.
3. Pointing your tailbone backward, ensures that you maintain the arch in your low back. Keep your eyes looking straight ahead as you want to avoid looking downward.
4. Repeat 5-10 times ensuring that your using your legs and buttocks to return to standing. Arms are only to assist with balance.

**WatchPoint:** Remember to breathe.. Keep your knees and hips open, avoid squatting beyond your flexibility.

## Standing Side Bending Stretch



### Instructions:

1. Keeping your head and neck in midline, side bend your trunk to the right as you reach with your left arm up, overhead and to the right. Hold stretch, then return to start position.
2. Repeat stretch on the opposite side by side bending your trunk to the left as you reach with your right arm up, overhead and to the left. Hold stretch, then return to the start position.
3. Hold each stretch 15-30 seconds. Perform 1-2 times on each side.

**Watchpoint:** Keep your feet firmly planted to the ground and your head and neck in neutral throughout the exercise. Your goal is to feel a lateral trunk stretch.

## Overhead Reach/Elongate



### Instructions:

1. Interlace fingers, turn palms upward and straighten arms above head.
2. Elongate arms to stretch through the sides of the rib cage.
3. Optional to reach to each side to promote a side stretch.
4. Hold for 15 – 30 seconds. Perform 1-2 times.

**WatchPoint:** Remember to breathe inhaling and exhaling deeply allows for a deeper stretch.

## Standing Heel Raises



### Instructions:

1. Place feet shoulder-width apart with toes pointed slightly outward.
2. Lift heels up, balance on the balls of feet for 5 seconds.
3. Slowly lower heels to the floor.
4. Arms are only to assist with balance.
5. Repeat 10-20 times promoting muscle activation, blood flow and avoiding swelling.

**WatchPoint:** Be careful if you have had prior foot surgery.

## PVC Elongation Spine & Shoulders



### Instructions:

1. Grabbing the PVC, place the base closer to your feet. Grab high on the PVC.
2. Legs are wide, toes facing forward.
3. Bend your knees and reach out through your arms PUSHING the PVC away.
4. Monitor your elbows, avoid them turning outward, think about tying your elbows together this will promote more pull in your shoulders.
5. Slowly while in this elongated posture, begin to slide your grip down the stick to become more horizontally aligned.
6. A stretch will be felt in the outer shoulders and lower back region.
7. Make sure you maintain your low back arch by reaching out through your tailbone.

**WatchPoints:** Make sure you reach out in your tailbone and arms. Keep the elbows tied together.

## PVC Side Bending (Wag Tail)



### Instructions:

1. Starting at the elongated position from above.
2. Slowly hike your hip to the right as you reach your PVC to the same side as though you are elongating the opposite left side.
3. Repeat the hike to the opposite left side, reaching your PVC to the left and again elongating through the right side.
4. The hip hike is referenced as wagging your tail to the right and then to the left.
5. Repeat 3-5 times holding the hike for 2-3 seconds to allow for a stretch.

**WatchPoint:** Go slow this is a body awareness movement.

# Exercises to Combat Static Office Postures

## Office Set-up



### Instructions:

1. Position the lumbar support to fill the natural curve in your low back.
2. Utilize the back rest whenever sitting.
3. Align yourself to your workstation, elbow should be bent at a 90 degree angle with wrists in a neutral position. You may need to use a foot rest to achieve this position.
4. Your keyboard and mouse should be directly in front of you, and aligned with each other.
5. Monitor should be directly in front of you, at about arm's length away, dependent on vision prescription.
6. You should be eye level with the top 2" of your monitor, the monitor should be approximately 6" lower if you wear bifocals.
7. If you are right handed, consider placing your phone to the left of your monitor.

## Thoracic Opener



### Instructions:

1. This can be performed with your hands clasped behind your neck or with your arms reaching up over head.
2. Hold this stretch for 15 – 30 seconds. Repeat 1 – 2 times.

**WatchPoint:** Ensure your back rest is locked on your office chair. Take a deep breathe in and out as you reach and stretch your spine and shoulders.

## Seated Piriformis Stretch



### Instructions:

1. Sit tall in your chair facing straight ahead.
2. Place the ankle of one leg on the knee of the opposite leg.
3. Gently lean your torso forward, avoid slumping keep your chest up as you lean forward.
4. Hold this stretch for 30 seconds, repeating 2 -3 times on each side.

**Watchpoints:** Ensure you do not slump. Reaching your chest forward ensures correct form.

## Controlled Sit to Stand



### Instructions:

1. Begin by standing with a chair behind you, ensure the chair is safely stable.
2. Goal is to slowly sit down, avoiding a full sit, often referred to as kissing the chair and returning to standing.
3. More repetitions can be performed pending your physical capability.

**Watchpoints:** Avoid your knees and feet collapsing to the center, keep your knees open/wide and ensure your squat is being felt in the correct muscles of your buttocks. Remember just a quick kiss do not sit down between repetitions.

## Shoulder and Spine Stretch



### Instructions:

1. Stand with feet hip width apart.
2. Placing your hands on your desk for support with elbows extended. Sit your tailbone back as though your sitting in a chair.
3. It is important to reach the tailbone backward and elongate the entire spine and shoulders. If your balance is an issue, grab onto a door handle to ensure you do not fall backward.
4. Hold this stretch for 30 seconds. Repeat 2 -3 times.

**Watchpoint:** Ensure safe balance. Keep the knees and hips open, a pull will be felt in the back of the hips or inner groin depending on your individual tightness.

## Flexor Wad (Medial Elbow) Static Stretch



### Instructions:

1. Extend arm in front of you with palm facing up.
2. Keeping the fingers and elbow straight, and keeping the shoulder blade down, gently pull the wrist down until you feel a mild stretch in the inner forearm.
3. Hold for 15 to 30 seconds. Repeat 1 to 2 times with each arm.

**Watchpoint:** Ensure the elbow stays straight and the fingers fully extended.