Stretches for manual workers

- Your body is designed to move. Holding static postures can lead to unnecessary build-up of tension.
- At least hourly (every 30 minutes is ideal): STOP, DROP and SHAKE. Relax your neck and shoulders; drop your arms to restore normal circulation.
- Before you start your shift follow the stretches, then regularly stop and stretch throughout your day.
- Stretches should be performed on both sides.
- Take a movement to the point of stretch and hold for 10–15 seconds.
- The green glow on the photos gives an indication of where you should feel each exercise, however this will vary from person to person.
- Should you feel pain or unexpected tension do not continue that stretch. Consult your health professional.

For more information visit www.habitatwork.co.nz

1. HIP STRETCH
   - Stand tall on one leg.
   - Pull opposite knee up towards chest, keep an upright position.

2. BACK EXTENSION TRUNK STRETCH
   - Stand with feet hip-width apart, leaning on a stable surface.
   - Curve backwards to stretch back into extension.

3. LONG CALF STRETCH
   - Lean into a wall with one foot in front of the other (shoulder width apart).
   - Lean onto front leg, heels on the ground, back knee straight.

4. SHORT CALF STRETCH
   - Lean into a wall with one foot in front of the other (knees forwards).
   - Lean onto front leg, hands on the ground, bend back knee.

5. HAMSTRAIN STRETCH
   - Stand with one foot on a stable surface.
   - Keep knees side-by-side, bring heel towards your buttock.
   - Try to keep your back straight.

6. CHEST STRETCH
   - Lean into a wall with one foot in front of the other (toes forwards).
   - Lean onto front leg, heels on the ground, bend back knee.

7. FRONT OF FOREARM STRETCH
   - Stand with feet hip-width apart.
   - Relax shoulders, elbow bent, bend wrist, keep palm facing up.
   - Hold hand and gently straighten elbow stretching fingers back and down.

8. BACK OF FOREARM STRETCH
   - Stand with feet hip-width apart.
   - Relax shoulders, elbow bent, bend wrist with palm facing down.
   - Hold hand and gently straighten elbow, stretching fingers back and down.

9. SEMI SQUAT
   - Stand with feet hip-width apart, shoulders relaxed.
   - Bend knees, head up, bottom out.
   - Aim to keep knees over your toes.
   - Hold 3-5 seconds, repeat 10 times.

10. FRONT OF TORSO STRETCH
    - Interlink hands behind back.
    - Draw shoulder blades down and back.
    - Lift hands away from the body and stretch the chest.

11. BACK OF TORSO STRETCH
    - Stand with one heel on a stable surface, knees slightly bent.
    - Once you feel a stretch, slowly lean forwards.
    - Keep head up and bottom out/back.

12. TRICEPS STRETCH
    - Interlink hands behind back.
    - Draw shoulder blades down and back.
    - Lift hands away from the body and stretch the chest.

For more information visit www.habitatwork.co.nz