AT HOME FLEXIBILITY STRETCHES

Work Warm-Up, Stretch and Flexibility Program

These stretches can be done at home on a mat or soft surface.

Having flexible muscles ensures that your muscles can move through a full range of motion without pain. Keeping you flexible will reduce your risk of on-the-job injury.

These stretches should be done daily to increase flexibility. They should be held one minute to allow the muscles to relax and lengthen.

Key Points:

- Consult your doctor before beginning any new exercise program
- Never overstretch – you should feel a slight pull, but never any pain
- Stop if you feel dizzy, uncomfortable, or experience any pain
- Read all instructions before beginning
- Wear comfortable clothes that don’t restrict your movement
- Always go at your own pace
1. **Cobra Stretch**
- Lie face down and keep your hands by your shoulders – as if you were doing a push-up
- Put the tops of your feet on the ground – this helps to lengthen the spine
- Very slowly push your torso up as far as is comfortable – keep your hips on the floor
- Hold this stretch for one minute
- Lower yourself slowly back to lying on the floor

2. **Pelvic Tilt**
- Lay on your back with your knees bent
- Gently press your lower back down (imagine you are pressing low back onto a quarter) while tilting/rotating your pelvis
- Return to neutral position and repeat

3. **Lying Hamstring/Ankle Stretch**
- Lie on your back with your head on the floor
- Keep one leg flat on the floor
- Pull one knee up by grasping it behind the knee
- Slowly straighten your leg until you feel a stretch in the back of the leg
- Keep the bottom of your foot toward the ceiling
- Rotate your foot in a clockwise direction 5 times
- Repeat in the other direction
- Slowly point and flex your foot a couple of times
- Lower your leg and repeat on the other side

4. **Crossed Leg Gluteus Stretch**
- Lie on your back with your head on the floor
- Cross the ankle of one leg over the knee of the other
- Clasp your hands behind the knee of the unbent leg and pull knee toward your chest
- Feel the stretch through your buttocks
- Hold this stretch for one minute
- Repeat on the other side

5. **Lying Quad Stretch**
- Lie on your side
- Grab the ankle or forefoot of the upper foot
- Pull the heel toward your buttocks
- Do not arch your back, maintain a pelvic tilt
- Feel the stretch along the front of your thigh
- Hold this stretch for one minute

6. **Sitting Hurdler Stretch**
- Sit with one leg straightened and the other leg bent into the thigh of the straightened leg
- Lean forward from your lower back – don’t hunch over with your back and shoulders
- Feel the stretch in the back of your straightened leg
- Hold this stretch for one minute
- Repeat on the other side

7. **Butterfly Stretch**
- Sit with your knees bent and the soles of your feet touching each other
- Keep your back straight and hold your ankles
- Gently press your knees downward and feel the stretch in your inner thighs
- Hold this stretch for one minute
- Return to neutral when done

8. **Kneeling Hip Flexor Stretch**
- Get down on one knee
- Gently lean forward until you feel a stretch in the hip of the back leg
- Hold the stretch
- Gently rotate your torso toward the front leg
- Place your hands on the outside of your front leg
- Hold this stretch for one minute
- Rotate back to your starting position
- Repeat on the other side

9. **Doorway Chest Stretch**
- Stand in a doorway
- Place bent arms on the doorframe
- Stand with one leg in front of the other in a split stance
- Lean forward slowly until you feel the stretch in your chest
- Hold this stretch for one minute

10. **Cat Stretch**
- Start in a position on all-fours, ensuring that both your arms and your knees are shoulder width apart
- Slowly curve your spine toward the ceiling (similar to a cat arching its back)
- Hold this stretch for one minute
- Return to neutral when done