

STANDING OCCUPATION STRETCHES

When you are standing, it is very easy for muscles to stiffen up, mostly from insufficient blood flow to the areas that need it. Circulation throughout the body is dependent on movement. Without continuous muscular contraction and relaxation, the “physiological pump” that pushes blood from the legs to the heart and lungs cannot be utilized to the fullest. Blood is not re-oxygenated as quickly and delivery of nutrients to working muscles is diminished. In general, stretch at least 2 minutes for every 20–30 minutes of work.

The “Super Six Rules” to Stretching Successfully:

- 1 • Warm up (Walk on the spot for 1 to 5 minutes)
- 2 • Hold each stretch one repetition for 30 seconds
- 3 • Do not bounce (Hold in Comfortable position)
- 4 • Be Gentle (No Pain)
- 5 • Breathe Deeply
- 6 • Stretch both sides equally

Helpful Hints When Standing:

1. Wear rubber-soled shoes for shock absorption.
2. Wear shoes with good ankle support.
3. Stand on a rubber mat.
4. Avoid concrete surfaces.
5. Raise a leg onto a stool to reduce low back strain (see photo).
6. Never completely lock your knees.



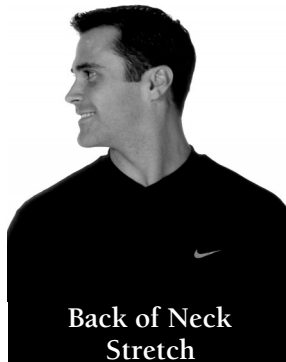
Wrong



Right



Side of Neck Stretch



Back of Neck Stretch



Front of Neck Stretch



Tricep Stretch



Lower Chest Stretch



Full Body Stretch



Side of Buttock Stretch



Side of Spine Stretch



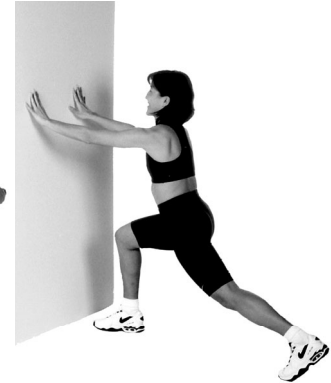
Spinal Twist Stretch



Hamstring/Back Stretch



Thigh Stretch



Hip Flexor Stretch



Outer Calf Stretch



Inner Calf Stretch



Half Kneeling Shin Stretch



Outer Ankle Stretch



Inner Ankle Stretch



Toe Extension Stretch



Toe Flexion Stretch



Back Extension Stretch



Back Flexion Stretch



Supine Groin Stretch

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