

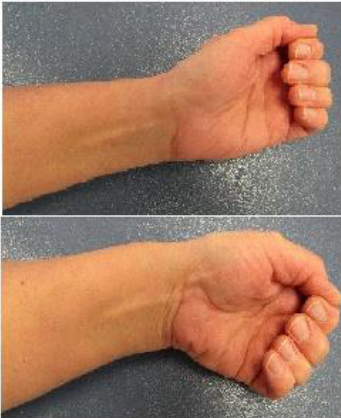
# Working From Home

## Wellness Exercises

With all of the below exercises, pain or discomfort should not be provoked. Overstretching (getting a strong stretch) may provoke muscle soreness. The strengthening exercises may also provoke some soreness due to the introduction of new exercises to the body, however, this soreness should subside in 1-2 weeks as the body accommodates to the new exercises. All stretching should be a light to medium pulling sensation. Do not get a strong stretch or bounce with the stretching, this will possible provoke pain/muscle soreness. If pain persists with exercises, it may be beneficial for the employee to seek further medical evaluation.

### Finkelstein Stretch

Helps with thumb function for grasping.



Lighter



Starting



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Harder

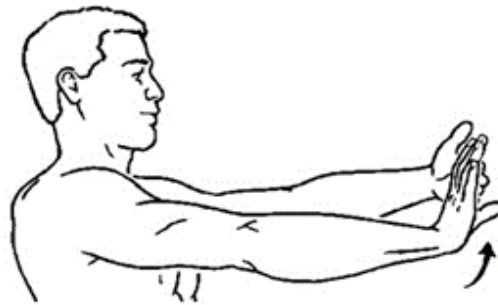
- Turn palm facing in and tuck thumb inside fist hand.
- Holding onto thumb, move little finger toward floor.
- Obtain light pulling.
- Hold 15 seconds. Perform 2-3 repetitions each hand.
- If pain or too much stretch is felt, rest thumb on top of fingers with lightly fist hand.
- If unable to feel a moderate stretch, gently grasp thumb with opposite hand and give gently overpressure.

## Wrist Flexor Stretch

Helps with forearm mobility for gripping and lifting.



Lighter



Starting



Harder

- Turn palm facing down with elbow straight.
- Hold at finger and gently pull toward stomach.
- Keep elbow straight
- Obtain light pulling
- Hold 15 seconds. Perform 2-3 repetitions each hand.
- If pain or too much stretch is felt, perform stretch with elbow in bent position.
- If unable to feel a moderate stretch to palm side of forearm, turn palm up and gently pull fingers downward.

## Pectoralis Stretch

Helps with pectoralis mobility and scapular stability for repeated and prolonged forward positions.



Starting



Harder

- Place hands in front of forehead with palms facing forward.
- Pull elbows toward back pockets while rotating palms out.
- Slowly exhale while squeezing shoulder blades together and drawing head back.
- Hold for 15 seconds. Perform 3 repetitions.
- If unable to feel moderate stretch in the chest, perform as in (b) with arms on door frame. Step forward into door frame.

## Neck Stretch

Helps with upper shoulder and neck mobility for repeated movement and standing/sitting/reaching.



Starting

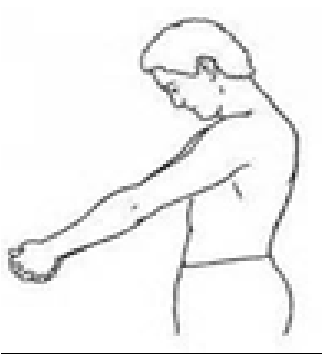


Harder

- Grasp arm behind back and gently pull toward opposite side (a).
- Gently lean head toward direction of arm being pulled.
- Hold for 15 seconds. Perform 2-3 repetitions each side.
- If unable to feel stretch in side of neck, change to position (b) and give gentle overpressure with hand on head.

## Upper Thoracic Stretch

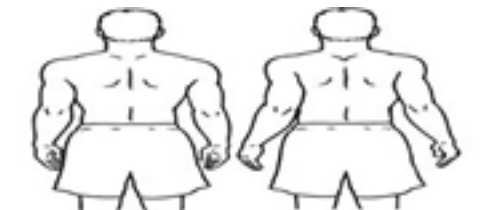
Helps with mid-back mobility/flexibility with repeated standing activities.



- Clasp hands together in front with arms extended.
- Gently tuck chin down toward chest.
- Push hands/arms out and down toward floor.
- Hold for 15 seconds. Perform 2-3 repetitions.

## Scapular Retraction

Helps with shoulder blade strength and endurance to support a good standing/sitting posture.



- Let arms rest at the sides
- Gently squeeze/pinch lower shoulder blades together
- Hold for 2 seconds. Perform 10 repetitions.

## Backward Bend

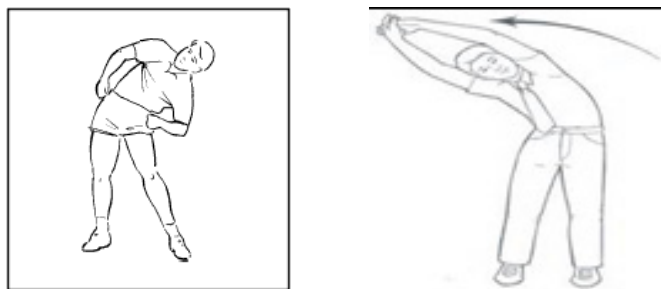
Helps with low back mobility for prolonged sitting/standing activities.



- Place hands on hips or in “small” of the back.
- Gently arch backward getting a gentle stretch.
- Hold for 5 seconds. Perform 5 repetitions.

## Back Side-Bending

Helps with low back mobility for prolonged sitting/standing activities.



- Clasp hands together above head (b).
- Reach to one side obtaining stretch in low back.
- Hold for 3 seconds. Perform 5 repetitions each side.
- If this is painful, you get too much stretch or you have shoulder problems position arms on hips (a) or across chest.

## Calf Stretch

Helps with reducing strains and improves flexibility and stability



- Stand with hands extended up against wall and toes pointing toward wall.
- Extend right foot back and keep feet flat on ground.
- Lean forward and slowly bend your left knee until you feel a light to medium stretch in the right calf.
- Hold for 30 seconds. Do 2-3 times each leg.

## Hip Flexor Stretch

Helps with low back and front of hip mobility from prolonged sitting activities.



- Place one foot on a stable chair/step and the other foot flat on the ground.
- Gently and slowly bend knee of foot on chair/step and gently lean hips in toward chair/step.
- Obtain a light to medium pulling to the front of the hip of the leg with the foot on the ground.
- Hold for 15 seconds. Perform 2-3 repetitions per side.

## Hamstring Stretch

Helps with leg mobility from constant standing/walking.



- Standing or seated with hands on hips and one leg out in front with toe up and heel on step/ground,
- Keep chest up and slightly bend opposite knee as you bend forward at the waist.
- Obtain light pulling in hamstring
- Hold for 15 seconds. Perform 2-3 repetitions each leg alternating legs during the stretching.