Warm-Up and Stretch

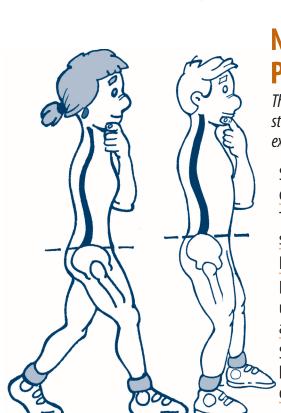




Key Positions in the

Warm-Up and Stretch Program

Important body positions essential to your safety



Neutral Standing Posture

The neutral standing posture is the starting position for all of the exercises in this program.

Stand wide (either front-to-back or side-to-side stance) Toes slightly outward in side-to-side stance Knees slightly flexed Head in neutral position (head up, place index finger on chin and gently push chin in) Shoulders back, chest up, back neutral (natural s-curve

Pelvic Tilt

Some stretches include the pelvic tilt, but this movement should only be used where indicated. Where pelvic tilt has not been specified, maintain the natural s-curve of Neutral standing posture (side-to-side stance)

Back should be flat, no arching

When to use Pelvic Tilt

Move hips forward, tightening

buttocks and abdomen

To effectively stretch the lower back To maximize the effects of specific lower-body stretches To counter the effects of excessive (until it hurts)

arching of the lower back

Ready Position

A stable athletic stance used in sport, also known as the Basic Squat. This position should be used as a starting position for manual handling activities.

Neutral standing posture (front-to-back or side-to-side stance) Finger tips pressed into crease of hip joint/s Lower body by flexing at hips, knees and ankles Gently push with fingertips through hip joint/s so buttocks move backwards and back remains neutral At end of move, look down — knees should be aligned directly over toes

Keep back neutral (natural curve of spine)

Let your fitness level determine how low you go

detailed information about proper technique,

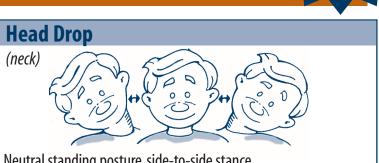
This publication is part of WorkSafeNB's copyrighted Back In Form (BIF) Training System. Before performing this warm-up and stretch program, contact WorkSafeNB and ask to speak with an ergonomics consultant in your area. We can provide proper training and help you to implement a program at your workplace. Call us at 1800 999-9775 to speak with your local ergonomics consultant, or visit us online If you have any personal health limitations, previous back injuries or other concerns, we

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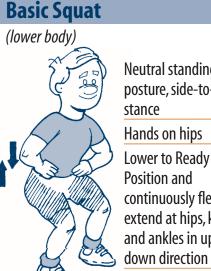
General Muscle Warm-ups Repeat 5-10 times



Neutral standing posture, side-to-side stance

Gently press chin inward with index finger Gently tilt head to one side, keeping ear aligned with shoulder Return head to neutral position

Repeat, other side



Neutral standing ower to Ready



Neutral standing posture, side-to-side stance Gently press chin inward with index finger Gently drop chin to chest Return head to neutral position

posture, side-to-side Draw both shoulders up toward ears, pause and release Circle both shoulders slowly, forward or backward

Shoulder Shrug/Circle

(front of shoulders)

Arm Raise

Neutral standing Arms extended at sides, wrists slightly slightly flexed level, return to start

extended and elbows Raise arms to shoulder

(back of shoulders)

Arm Pullback

Neutral standing posture, side-to-side Arms extended at sides, wrists slightly extended and elbows slightly flexed Behind back, raise and lower arms to a comfortable level

Neutral standing

posture, front-to-

back stance

Hands on hips

Flex both knees

and lower body

toward the ground

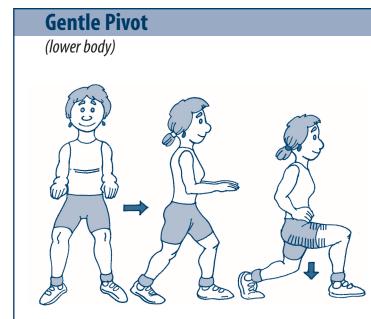
Return to neutral

standing posture

Repeat, over other

Wide Arm Circle (shoulders) Neutral standing posture, frontto-back stance

Move arm (on same side as the foot that is out front) in forward or backward circle Repeat, other arm **Variation:** For limited shoulder range of motion, place hand on shoulder and circle elbow, or let arm hang down in front of body and circle like a pendulum



Neutral standing posture, side-to-side stance Elbows flexed at 90 degrees Turn toe of one foot to side, rotate pelvis in a **slow and controlled** manner to same side by using the toe of opposite foot as pivot point Entire body should turn as one unit (don't twist at the waist) At end of pivot, flex at hips, knees, ankles, and lower body Return to neutral standing posture Repeat, other side

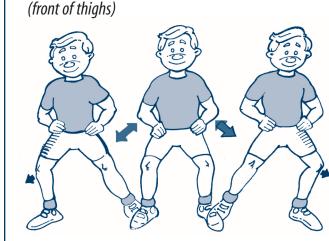
(lower body)

posture, side-to-side Hands on hips Position and continuously flex and extend at hips, knees and ankles in up and

Tip: Refer to Ready Position for detailed positioning tips and safety precautions.

Side Shift

shading on drawings indicates



Tip: Ensure knee does not go past toe at end of move and it flexes in line with direction in which the toes are pointing.

Neutral standing posture,

back with your left hand, pull

down **gently** at an angle

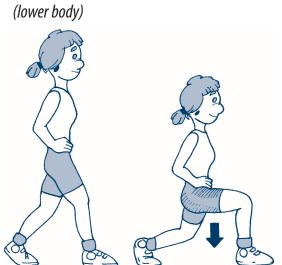
across the back.

Combination Side Shift



Once comfortable with the "Side Shift" combine both sides into one movement by eliminating the up and down motion, and incorporating a horizontal, side-to-side movement over each thigh.

Front Shift



Tip: Let your fitness level determine how low you go!

Back Shif (lower body)

Neutral standing posture, front-to-back Hands on hips

at worksafenb.ca.

strongly urge you to consult with a medical

professional before beginning the program.

We have produced a pamphlet and DVD to

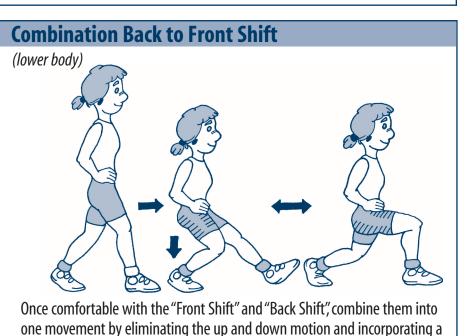
it, we have included a glossary of terms,

and several tips. Please read this pamphlet

carefully before proceeding with the training

accompany this Warm-Up and Stretch poster. In

Flex the back knee, and lower buttocks as though sitting in a chair Return to neutral standing posture Repeat, over other thigh



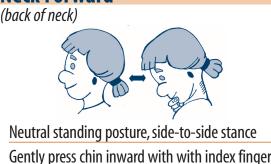
Shoulder Dip

(back)

horizontal, back-to-front movement.

Tension-Breaker Stretches Hold 8-10 seconds each side

Neck Forward



Don't force head down **Tip:** If you don't feel a stretch, place hand on back of head and **gently** guide head forward.

Abdominal Stretch

Neutral standing posture, side-to-side stance Extend arms overhead, clasp hands, elbows in line with ears Stretch arms upward as though grasping for something that is slightly out of reach Allow slight arch in lower back **Tip:** A nice stretch after sitting for long periods!

Variation: Standing on tiptoes

will maximize the stretch.

Neutral standing posture, side-to-side stance Raise one arm overhead, elbow in line with ear, opposite hand on hip Reach up and over toward opposite side of the body; reach for something just over the opposite shoulder Repeat, other side

side of your abdomen.

Tip: Don't bend sideways at the waist; instead, reach up and over your head while pushing out on the

side-to-side stance Gently press chin inward with index finger

Tilt head to left, keeping ear aligned with shoulder Repeat, other side **Tip:** If you don't feel a stretch on the right side of your neck, grasp right hand behind your

Hip Flexor Stretch

Neutral standing posture,

Lower to Ready Position

Lower body to one side

by shifting body weight

over thigh (flex knee of

extending opposite leg)

Repeat, over other thigh

Upper Torso Stretch

hands, wrists, fingers)

(upper back, back of shoulders, arms,

shifting leg while

Return to neutral

standing posture

side-to-side stance

Hands on hips

interlace fingers, palms out Curl shoulders forward, push out on upper back and stretch through arms and fingers

Neutral standing

stance, chin in

Raise arms to

posture, side-to-side

shoulder level and

Tip: Feel free to pelvic tilt to feel stretch in lower back.

Chest Stretch

Neutral standing stance, chin in Clasp hands behind back, elbows flexed up with chest pelvic tilt to neutral.

(chest, front of shoulders) posture, side-to-side Guide elbows upward while pushing out and **Tip:** If your back arches excessively, Variation: If clasping hands is uncomfortable, place hands on *lower back, fingers down.*

(back of upper arms) Neutral standing posture, side-to-side stance, chin in Raise one arm overhead, elbow flexed upper arm can be used to push elbow backward.

Tricep Stretch

Grasp arm behind elbow, gently press down at an angle toward opposite side of back Repeat, other arm **Tips:** Keep head up and chin in. It may be more comfortable to grasp the hand and pull rather than push on the elbow. If back arches excessively, pelvic tilt to neutral. **Variation:** A hand or wall in front of the

(C):01 side-to-side stance, chin in

Shoulder Stretch

(back of shoulders)

Extend one arm in front of body Place opposite hand just above the elbow, gently apply pressure to move arm toward opposite shoulder Repeat, other arm

Neutral standing posture,

Tip: Ensure there is no upward movement in the arm being stretched and that the hand is positioned **behind** the elbow.

Cat Stretch



Standing Quadricep Stretch

Lower to Ready Position slightly flexed) s-curve of spine

Tip: Feels great after long periods of standing! **Variation:** You might perform this stretch more easily holding a chair back or table.

one hand on firm support

Repeat, other side

flexed knee doesn't bear your weight.

of your shoe!

Neutral standing posture, side-to-side stance,

Flex knees and lower body to grasp top of one

Pull foot up toward buttocks, keeping thigh of

the flexed leg parallel with the supporting leg

Ensure knee points toward the ground

Tip: To maximize the stretch, pelvic tilt. If you can't

Variation: To help with balance, you can also place

the flexed knee on the seat of a chair, ensuring that the

grasp the top of your foot, try for a pant leg or the back

Lower to Ready Position Perform the Cat Stretch at left While looking straight ahead, gently dip one shoulder in toward the opposite leg while pushing out on upper back Repeat, other side

Neutral standing posture,

side-to-side stance

minimal. A nice stretch after standing for long periods!

Neutral standing posture,

(entire body, emphasizing abdomen)

Side Stretch

(sides of abdomen)

Ear to Shoulder

(sides of neck, top of shoulders)

(front of upper thighs) Neutral standing posture, front-toback stance

Place hand on buttock of back leg Gently do a Front Shift and allow heel of back leg to come off the floor. If back is arching, move front foot farther forward to ensure that when in the end position of the move, the knee rests directly over the toe and the upper body is neutral. Rise to neutral standing posture Repeat, other side

Tip: To maximize stretch, pelvic tilt.

Variation: If stretch is not felt or movement is uncomfortable, place front foot on a chair or bench and perform the above movement.

Hamstring Stretch (back of legs)



Neutral standing posture, front-to-back stance Place hands on thigh of front leg Perform Back Shift while pulling toe of front foot upward

Flex through the hip of the back leg while gently pushing through the heel of front foot **Don't** bend at waist, flex through hip Rise to neutral standing posture Repeat, other side

Tips: Use a wall for support and balance, if needed. Remember, keep knee of front lea slightly flexed. **Variation:** If stretch is still not felt or

movement is uncomfortable, perform with

front foot on a chair, heel down, toe up.

(inner thighs)



posture, side-to-side Lower to Ready Position Hand on hip Perform Side Shift (ensure knee of extended leg

Neutral standing

remains slightly flexed) Repeat, other side

Tips: A wall can be used for support. To maximize stretch, pelvic tilt. **Variation:** If stretch can't be felt, widen stance.

Standing Groin Stretch



Neutral standing posture, side-to-side

Slide hands down thighs almost to knees (fingers pointed in, elbows Keep back neutral to maintain natural

Pelvic tilt to stretch lower back Push out on upper back, curl shoulders forward, like a stretching cat

Tip: Don't twist your torso; keep shoulder movement

Calf Stretch

(calves)

front-to-back facing a wall with front foot touching wall Place hands on wall, gradually perform Front Shift Move elbows to wall, keeping heels flat on floor As you complete the movement, ensure back is not arched Repeat, other side **Tip:** To maximize stretch, pelvic tilt.

Variation: If you can't feel the stretch, widen stance.

Revised: October 2015