

# Stretches for manual workers

*Preventing and managing discomfort, pain and injury*



# 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 15 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](http://www.habitatwork.co.nz)



## HIP STRETCH



- Stand tall on one leg.
- Pull opposite knee up towards chest keeping an upright position.

## BACK EXTENSION



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

## 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.

## SHORT CALF 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.

## TRICEPS STRETCH



- Sit tall, reach for the ceiling.
- Take one hand down back, with the palm flat.
- Use other hand to gently pull elbow in to increase the stretch.

## 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.

### TRUNK STRETCH



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- Stand with feet hip-width apart.
- Reach up, clasp wrist.
- Breathe in, as you breathe out lean sideways towards the bent arm.

### FRONT THIGH STRETCH



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- Using support, stand on one leg.
- Keep knees side-by-side, bring heel towards your buttock.
- Try to keep your back straight.

### HAMSTRING STRETCH



7

- Stand with one heel on a stable surface, knees slightly bent.
- Bend forwards gently.
- Keep head up and bottom out/back.

### CHEST STRETCH



8

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

### FRONT OF FOREARM STRETCH



11

- Relax shoulders, elbow bent, bend wrist, keep palm facing up.
- Hold hand and gently straighten elbow stretching fingers back and down.

### BACK OF FOREARM STRETCH



12

- Relax shoulders, elbow bent, bend wrist with palm facing down.
- Hold hand and gently straighten elbow, stretching fingers back and down.





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