

## 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





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



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



- 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.



- 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.



- 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.



- 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.



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



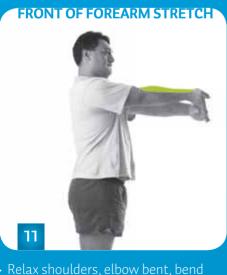
- · Using support, stand on one leg.
- Keep knees side-by-side, bring heel towards your buttock.
- · Try to keep your back straight.



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



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



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



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







www.acc.co.nz 0800 22 22 34