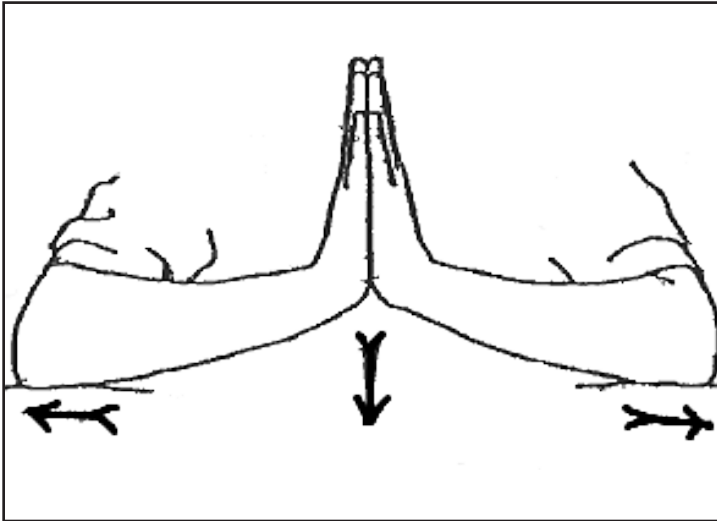


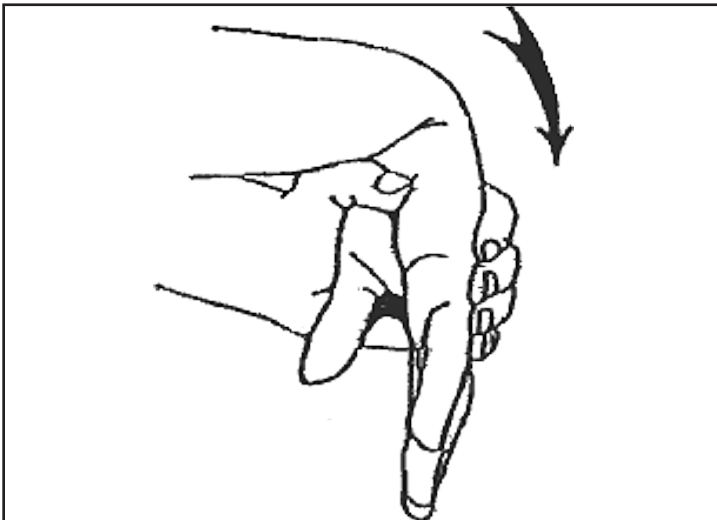


## ERGONOMIC STRETCHES HANDOUT



### **Wrist Extension**

With palms together, slowly lower wrists until a stretch is felt. Be sure to keep palms together throughout the stretch. Hold for 10 seconds.



### **Wrist Extensor**

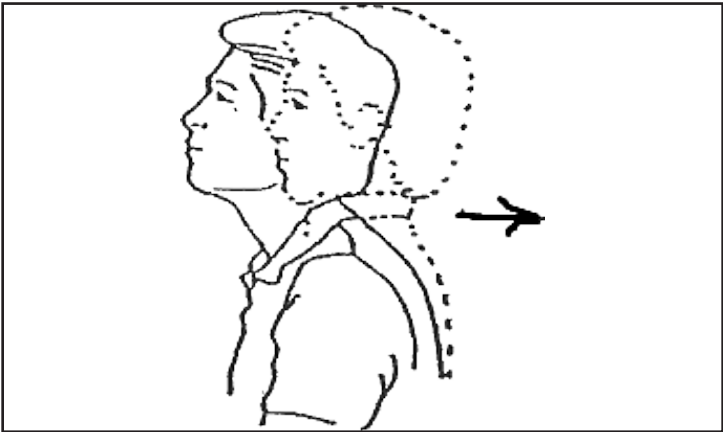
Keeping the elbow straight, grasp hand, and slowly bend wrist down until a stretch is felt. Hold for 10 seconds.



### **Shoulder Horizontal Adduction**

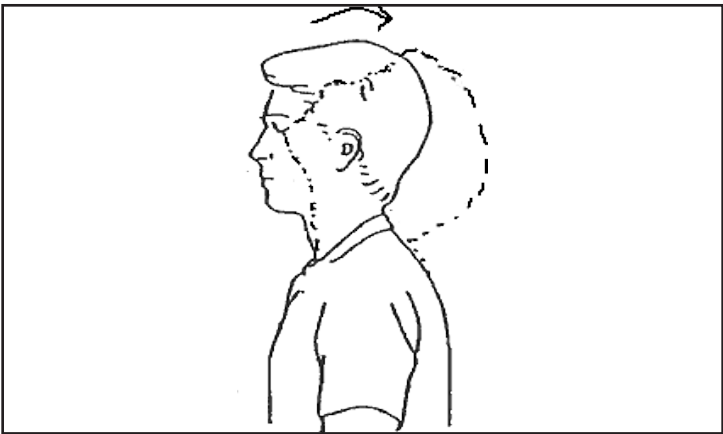
Stand and grasp the elbow with other hand as shown. Pull the elbow and arm across the chest so that a stretch is felt. Hold for 10 seconds.

## ERGONOMIC STRETCHES HANDOUT (CONTINUED)



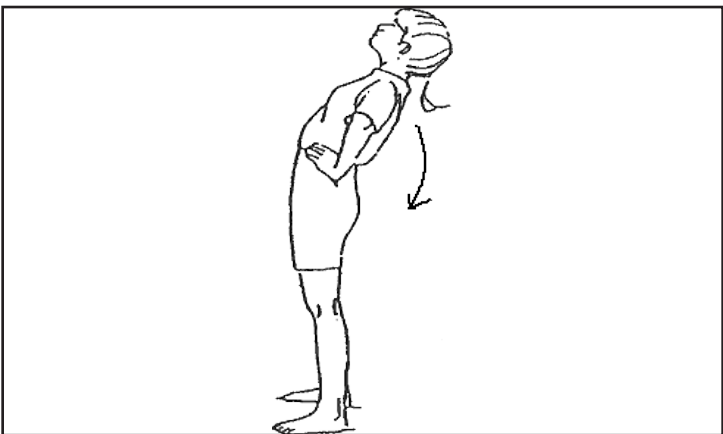
### Next Extension

Bend head backward and return to starting position. Hold for 2 seconds.



### Neck Retraction

Pull head straight back, keeping jaw and eyes level. Hold for 2 seconds.



### Standing Backward Bend

Arch backward to make hollow of back deeper. Hold for 2 seconds.



### Neck Side Bend

Sit or stand with good posture. Keeping face forward, tip ear toward same shoulder. Hold for 5 seconds.