

# Stretch Breaks

In collaboration with our sister company IPAR, whom are experts in Ergonomics, we have created this quick and simple stretch break guide, to support you and your team members in ensuring you are looking after yourselves, whether working on site or remotely.

## Start with a warm up

Warm up muscles by moving body parts required for the tasks to be performed:

- Walk around work areas
- Shrug or roll shoulders
- Move arms and hands around, roll wrists, open and close hands
- Lift and roll ankles

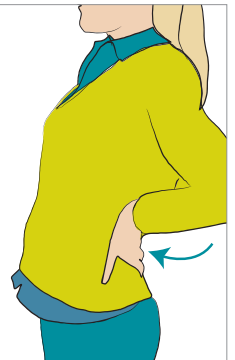


### Setting stretch reminders will help you to remember

The calendar function on your phone or Outlook can be used to remind you to take regular stretch breaks. Simply set up a regular and recurring reminder every 30 minutes using the tasks function.

### Lower Back

Put hands on lower back. Gently push hips forward and arch back over hands while looking forward.



### Neck

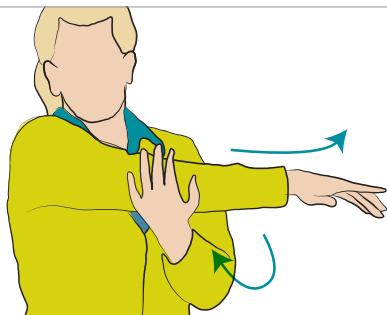
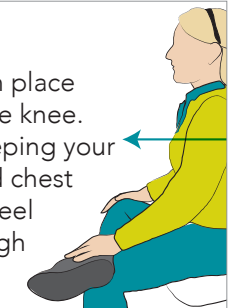
Tilt neck down so chin is close to chest. Turn neck 45 degrees to the side, pointing toward armpit.

You should feel a stretch in lengthened side of the neck.



### Gluteals

In sitting position place ankle on opposite knee. Lean forward keeping your back straight and chest out. You should feel the stretch through the buttocks.

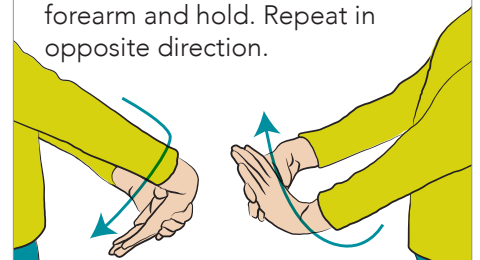


### Shoulders

Take arm across body. Hold elbow with opposite hand and pull elbow gently towards opposite shoulder until you feel a stretch in upper back and shoulders.

### Wrist and Forearms

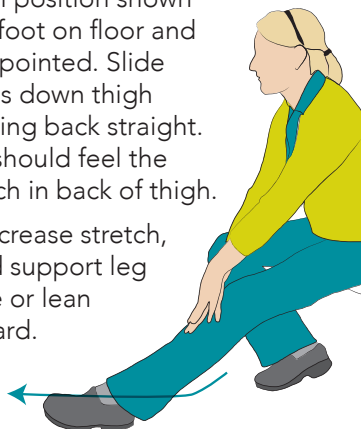
Hold wrist as shown with elbows straight. Gently bend wrist down until you feel a stretch in the forearm and hold. Repeat in opposite direction.



### Hamstring

Place foot up on plant/step/object, or sit with leg in position shown with foot on floor and toes pointed. Slide hands down thigh keeping back straight. You should feel the stretch in back of thigh.

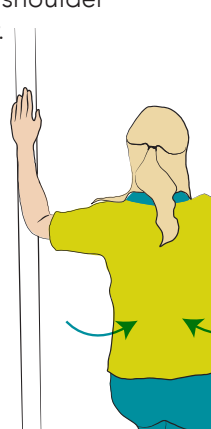
To increase stretch, bend support leg more or lean forward.



### Chest and Shoulders

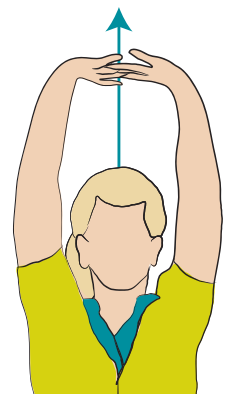
Place hands at shoulder height on either side of door frame. Squeeze shoulder blades together.

Take one step forward feeling stretch across chest & front of shoulders.



### Upper Body

Interlace fingers and turn palms upward above head. Straighten arms then slowly lean from side to side.



Note: If you are receiving treatment you should check with your Doctor or Health Professional before commencing these stretches. If you feel any pain or discomfort while doing these exercises stop immediately and consult your treating practitioner.

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