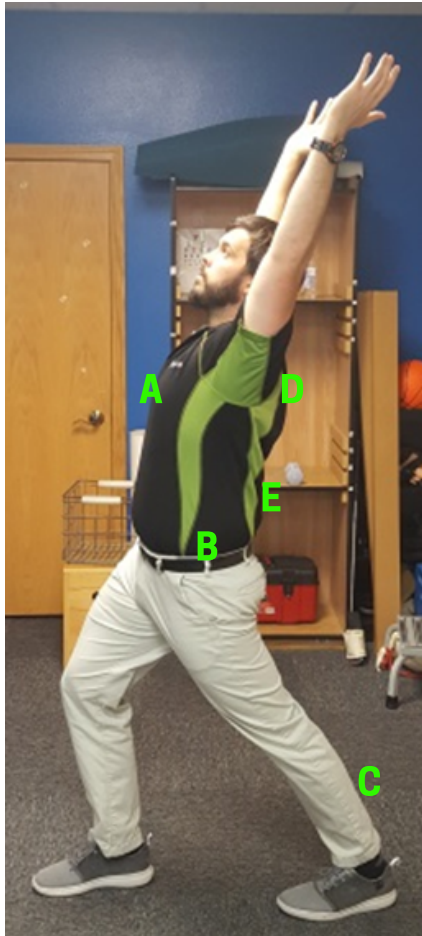


EXERCISE/STRETCHING SERIES

Efficient & effective movements to improve stiffness and discomfort

Anterior Chain Stretch



This movement/stretch addresses the most common areas of stiffness we see in the body:

A. Chest and Shoulders - Job and life activities typically don't require us to reach high to a full vertical arm position, therefore the muscles of the chest and shoulders get tight and limit shoulder motion.

B. Hip Flexors - Sitting, standing in one spot, and not taking long strides when walking contributes the hip flexors to tighten. Tight hip flexors cause increased stress on knees, low back and feet.

C. Calves - Tight calves cause increased stress on the feet.

D. Upper Back - Constant looking down, and prolonged sitting causes the upper back to "round" and get stiff.

E. Lower Back - The low back often lacks extension (backward bend) from slouching, forward work, lifting, and prolonged sitting.

Consider implementing this movement into your day to help with stiffness:

- Start the day with a few repetitions holding only 1-2 seconds each, then switching sides.
- Use as a warm-up before work or recreation.
- Use to "un-wind" from the postures you may assume during sitting or standing work by performing 1-2 quick reps periodically (every 15-20 minutes) throughout your day.
- This position can even promote a little strengthening and improve balance by holding the position for longer periods (start with 5 seconds and work up to 30 seconds or more).

Your employees are struggling with movement-related pain, which often leads to increases in lost-time injuries, turnover and medical costs. At New Life For Work, our customized solutions identify and address these problems early to get you back to a thriving workforce.



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