

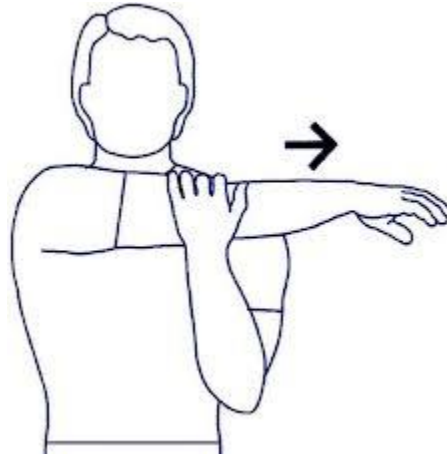
# FULL BODY STRETCHES: ARMS AND SHOULDERS

## INTRODUCTION

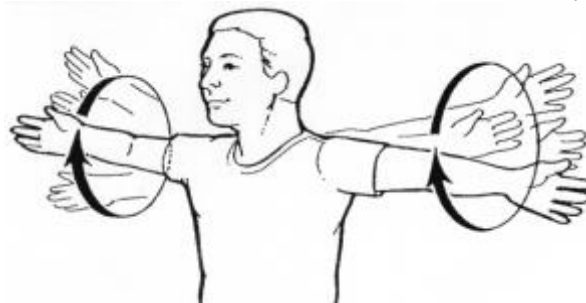
Similar to professional athletes or professional weight lifters, employees who work in industries or businesses that require repeated lifting put their muscles at risk for fatigue and injury when they do not warm up their muscles properly. The risk of muscle tears or muscle pain can be reduced when stretches are performed before work begins, during breaks, and at the end of the day's shift. Below are suggested arm and shoulder stretches that employees can perform to warm up their muscles before they begin to lift.

*NOTE: If you feel any pain or discomfort during the following stretches, do NOT attempt to perform them. Tell your supervisor about any pain or discomfort that you experience during the stretching routine.*

**Arm Bar:** To complete this stretch, start by raising either your right or left arm across your chest. Once the arm is across the chest, take the opposite arm and use that to gently pull the raised arm towards your body (this should be done at the elbow). Hold the stretch for 10 to 15 seconds. After 10 to 15 seconds, switch arms. Do this about two to three times.

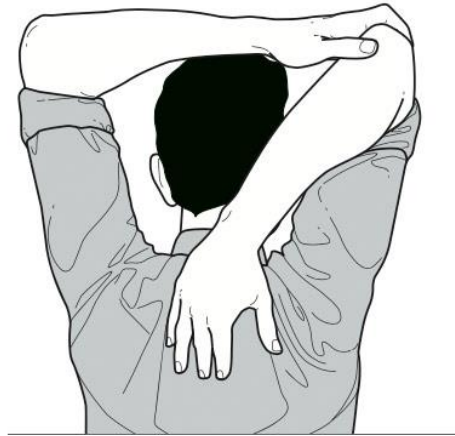


**Arm Rotations:** Place your arms to the side of your body. Once both arms are resting at your side, raise both arms up. Start to rotate both arms clockwise. Try to keep the rotations small, around the size of a ball or to where you won't hit anyone standing around you. Do 10 rotations. When you have completed 10 rotations, start to rotate your arms in a counterclockwise motion. Do the same amount of rotations for the counterclockwise motion as you did for the clockwise.

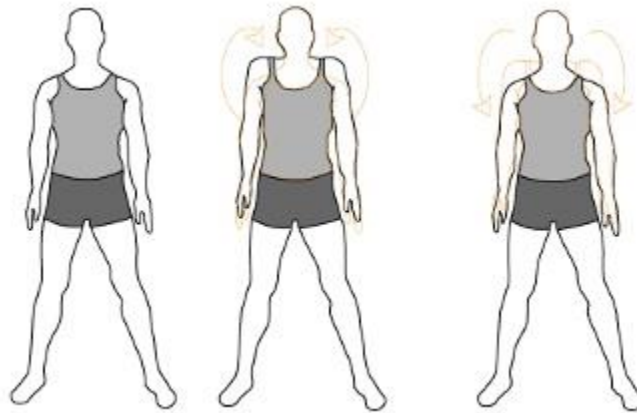


# FULL BODY STRETCHES: ARMS AND SHOULDERS

**Overhead Arm Stretch:** Raise either your right or left arm into the air. Bend your raised arm behind your head (you should be able to place the palm of your hand just below your neck). You may use your opposite hand to help you push the stretch. *Do NOT stretch too far.* Hold for 10 to 15 seconds before switching.



**Shoulder roll:** Standing upright, roll your shoulders towards your back. To roll, raise your shoulders up, then to your back, and finally bring them back down. Do 10 rolls.



*Remember to breathe while performing these stretches. You should only feel a mild tension in your muscles. If you start to feel any pain or discomfort, stop doing the stretch. If you feel the need, please consult your doctor about your ability to perform these stretches safely before attempting any of these stretches.*