

UPPER BODY STRETCHING EXERCISES



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Practice these simple stretches at your workstation during breaks to prevent injury. These stretches can also improve strength and flexibility.

*Always speak with your doctor before attempting new stretches or treatments.

HEAD TILT

Sitting up straight, gently tilt head towards shoulder holding for 5 seconds. Then switch to the opposite side and do the same.



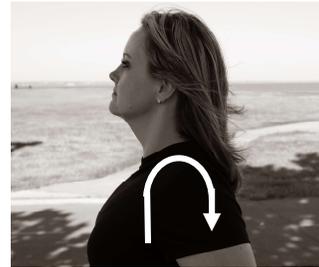
HEAD TURN

Sitting up straight, gently turn head towards shoulder holding for 10 seconds. Then switch to the opposite side and do the same.



SHOULDER ROLL

Start by standing up straight. Pull shoulders up and roll backward in a circular motion 5 times. Repeat on the going forward.



LENGTHEN AND STRAIGHTEN

Standing tall hold arms directly above head and close to ears stretching up. Hold for 10 seconds then relax.



OVERHEAD STRETCH

While standing, clasp hands overhead stretching up and then extending to the side. Hold for 5 seconds and then repeat on the other side.



ARM AND SHOULDER

Raise one arm overhead bending at elbow. Gently pull elbow with the opposite hand holding the stretch 5 seconds.



CHEST STRETCH

Placing both hands behind head, gently pull elbows towards back holding for 5 seconds then relax.

