

CHEST STRETCH:

1

Sit upright, place both your hands behind your head, gently push elbows back at shoulder level whilst pressing chest forward and bringing the shoulder blades together. Hold for 5 secs. Relax. Repeat 3 times.



SHOULDER RELAX:

2a

Sit upright, with elbows resting at sides. Roll shoulders forward in a clockwise direction 10 times. Relax. Repeat the movement in an anti clockwise direction 10 times. Repeat 3 times



SHOULDER STRETCH:

2b

Sit upright, reach across body with one arm. Grasp under the elbow with the opposite arm and gently pull arm to chest. Hold for 5 secs. Relax. Swap arms and repeat. Repeat cycle 3 times.



FOREARM STRETCH:

3

Sit upright, with palm facing up, grasp fingers with the opposite hand, gently bend down and then straighten the arm forward, whilst holding fingers. Hold for 5 secs. Relax. Swap your arms & repeat. Repeat again with palms facing down. Repeat 3 times.



MCILWAIN CIVIL

STRETCH & RELAX

REMEMBER: Perform these exercises every 1-2 hours. If you are receiving treatment for an injury you should check with your provider prior to commencing these exercises. Use slow, controlled movements, don't bounce or force the muscle to its limit. If you feel any discomfort, stop and consult your treatment provider.

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ANKLE/LEG RELAX:

4

Whilst seated raise your toes off ground, pressing heels into floor. Hold for 5 secs. Relax. Raise heels off ground, pressing ball of feet into floor. Hold for 5 seconds. Relax. Repeat the exercise 3 times.



HIP/LEG STRETCH:

5

Whilst seated grasp one knee and pull up gently. Hold for 5 secs. Relax. Change legs and repeat. Repeat 3 times.

NECK STRETCH:

6a

Sit upright

A) Look around over the right shoulder, hold for 5 secs, then repeat to left shoulder Repeat 3 times.

B) Relax shoulders and drop ear to shoulder, hold for 5 secs and gently roll to other side Repeat 3 times.



NECK STRETCH:

6b

C) Poke chin forward with head upright, hold for 5 secs and then gently retract the chin backwards and hold for 5 secs. Repeat 3 times.

D) Tilt head to look under armpit, place right hand over head behind ear, drop other shoulder, gently pull head towards right armpit. Hold for 5 secs. Relax and repeat. Swap to other side and repeat.



HAND/FINGER /STRETCH/RELAX:

7

Open your hand stretching the fingers apart fully, hold between 1-2 secs and then clench your fist and hold between 1-2 secs. Repeat exercise 5 times. Repeat the exercise with your opposite hand.