

Your Wellness is Important to the City of Chandler.  
Doing warm-up exercises before you work is an  
easy way to start your day and stay healthy!

# Get Moving Chandler!



### Standing Back Extension

- Stand with feet shoulder distance apart
- Place hands on hips
- Arch backwards and hold for a few seconds
- Return to start position
- Repeat on opposite side



### Leg Split Stretch

- Stand with feet as wide apart as possible
- Shift hips to the left and hold
- Shift hips to the right and hold
- Repeat on opposite side



### Standing Inner Thigh Stretch

- Stand with a spread legged stance with both feet flat on the floor
- Shift weight by bending one knee & keeping the other leg straight & foot flat
- Stop when you feel a stretch along the inner thigh
- Repeat on opposite side



### Standing Quad Stretch

- Stand and touch wall or stable object for balance
- Grasp top ankle or forefoot from behind
- Pull ankle or forefoot towards buttocks
- Hold and repeat
- Repeat on opposite side



### Calf Stretch

- Face a wall & stand 12 inches away from it
- Extend one leg behind you, keeping both feet flat on the floor & the back leg straight (lean on wall)
- Lean toward the wall until you feel tension in the calf of the extended leg
- Repeat on opposite side



### Hip Stretch

- Sit with legs crossed placing ankle on opposite knee
- Pull leg or knee up toward chest until stretch is felt near the back of the hip
- Repeat on opposite side



### Hamstring Stretch

- Sit against a wall, chair, or on a firm surface with knee bent
- Keep a proper curve in low back
- Flex left foot upward, while straightening knee
- Repeat with other leg



### Upper Body Warm Up

- Move shoulders up and back
- Move shoulders down and back
- Move shoulders forward and back
- Repeat 5 times



### Upper Trapezius

- Gently grasp right side of head while reaching behind back with other hand
- Tilt head away until a gentle stretch is felt
- Hold for 20 seconds
- Repeat on opposite side



### Chin Tuck

- Tuck chin in slightly
- Retract head back so ears line up with shoulders
- Return to start position



### Standing Rhomboid Stretch

- Hold onto door jam or other rigid support with both hands
- Keep elbows straight & lean back as shown, until a gentle stretch is felt between shoulder blades



### Rhomboid/Trapezius Stretch

- Sit in chair
- Cross arms over abdomen
- Slowly bend neck down
- Slowly lean forward, keeping elbows straight and reach to floor
- Hold and repeat



### Shoulder Inferior Capsule Stretch

- Raise arm over and behind head with elbow bent
- Grasp elbow or wrist with other hand
- Pull gently until a stretch is felt
- Repeat on opposite side



### Serratus Anterior Stretch

- Reach behind back and hold hands together
- Pull involved side across back at waist level
- Relax and repeat
- Repeat on opposite side



### Rhomboid Stretch

- Bring left arm across in front of body
- Hold elbow with opposite arm
- Gently pull across chest until a stretch is felt in the back of shoulder
- Repeat with opposite side

### Exercise Guidelines:

1. It is never recommended to stretch "cold" muscles. Muscles will elongate better when warm. Take a few minutes to get your heart rate up slightly. This warm up period can be done easily by walking for 5 minutes.
2. Stretch all major muscles groups but pay attention to muscles that are commonly used to perform your specific job duties. Hold the stretch for 10-20 seconds, repeat 3-4 times.
3. Keep proper technique while stretching. Never stretch to the point of pain, only tension should be felt in the muscle and not at the joint itself. Do not bounce while holding the stretch, just move slowly and breathe deeply.

### Risk Factors for back injury

- Age- back pain begins to happen between the ages of 30-40 years and is increasingly common as we get older
- Physical fitness- Inactive people are more likely to have back pain.
- Obesity- being over weight places additional stress on the back.
- Heredity
- Smoking
- Repetitive motion



### Levator Scapulae Stretch

- Place arm over and behind head, touching opposite shoulder
- Turn head to left and tilt downward and hold
- Repeat on opposite side



### Chest Stretch

- Stand in doorway or against wall
- Place forearm and elbow against the wall
- With the same side leg, step through the doorway
- Keep chest forward until a stretch is felt along the front to the shoulder & chest area
- Repeat on opposite side



### Wrist Flexor Stretch

- Grasp fingers of one hand with other hand keeping elbow bent on involved arm
- Pull back hand gently, as shown
- Repeat on opposite side