Things to remember when stretching:
- Make slow and smooth movements; no bouncing.
- Take slow, deep breaths; don’t hold your breath.

Neck Stretch
- Tilt ear toward shoulder.
- Reach up and touch top of head with palm to hold in tilted position.
- Hold 5-10 seconds. Repeat 2-3 times and reverse side.

Lower Back Stretch
- Stand with hands on hips and knees slightly bent.
- Bend and rotate your head and shoulders backwards.
- Return to upright position.
- Hold 5-10 seconds. Relax and repeat 3-5 times.

Chest and Back Stretch
- Interlace your fingers behind your back, palms facing your back.
- Slowly turn your elbows inward while straightening your arms until a stretch is felt.
- Lift your sternum (breast bone) slightly as you stretch.
- Hold for 10 seconds.

Chair Rotation Stretch
- Sit in chair.
- Wrap feet around chair legs to stabilize your body.
- Reach across body and grab the back of the chair.
- Pull gently to increase the stretch in the middle of your back.
- Hold 5-10 seconds, repeat reaching to opposite side.

Overhead Stretch
- Interlace your fingers above your head.
- Turn your palms upward as you push your arms back and up.
- Hold for 20 seconds, then relax and repeat 2-3 times.

Triceps Stretch
- With arms overhead, hold the elbow of one arm with the hand of the other arm.
- Gently pull the elbow behind your head, creating a stretch. Move slowly.
- Hold for 15 seconds. Then repeat with other arm.

Wrist Extension, Fingers Up
- Hold arm straight at waist height with palm facing away from you and fingers pointing up.
- Hold onto palm of hand and stretch wrist back.
- Do not pull on fingers.
- Make sure the fingers and thumb are kept together.
- Hold 5-10 seconds.
- Repeat 2-3 times.

Wrist Extension, Fingers Down
- Same as above, but with fingers pointing towards the floor.
- Hold for 5 to 10 seconds.
- Repeat 2-3 times.

Finger Stretch
- Separate and straighten your fingers until the tension of a stretch is felt. Hold for 10 seconds.
- Relax, then bend fingers at the knuckles and hold for 10 seconds.

Refocus Routine
- 2 objects @ 20 feet - 20 seconds each

Palming
- Cover closed eyes with hands but do not touch eyelids.
- Take several breaths and take in complete darkness.

Questions? Please contact UCLA Health EH&S
https://www.uclahealth.org/safety/ergonomics