

# Flexibility Exercises

## Introduction

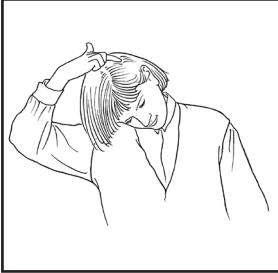
The following exercise program is designed to reduce the aches and pains associated with the stresses of job tasks and everyday activities.

The exercises are very simple to perform and will take less than 5 minutes to complete.

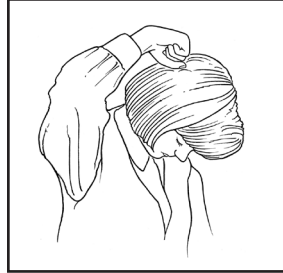
## Exercise Instructions

1. The flexibility exercises should be performed at least one time at the beginning of each day. Additionally, it is strongly recommended that the exercises be performed following breaks.
2. Perform each exercise slowly and smoothly, holding for five seconds, then relax.
3. Repeat each exercise five times.
4. Each exercise should be done to the point of feeling a comfortable stretching sensation.
5. Breathe normally while performing the exercises; do not hold your breath.
6. Keep stomach muscles tightened to prevent arching the back.

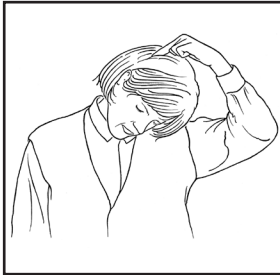
## Neck Stretches



Bend to right side

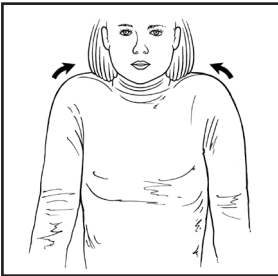


Bend forward

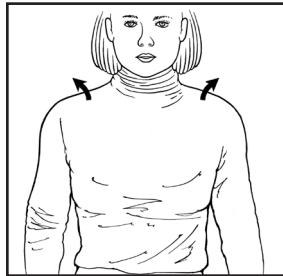


Bend to left side

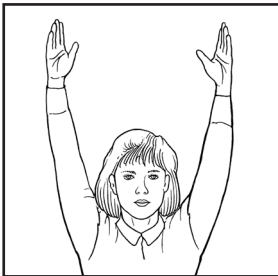
## Shoulder Exercises



Shoulders up



Shoulders back

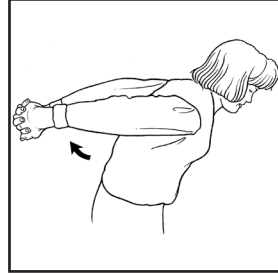


Arms up



Stretch arms back

## Arm Stretches

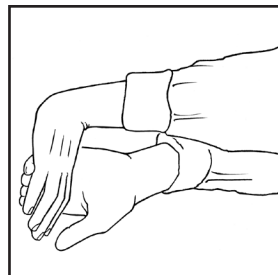


Stretch arms back and up

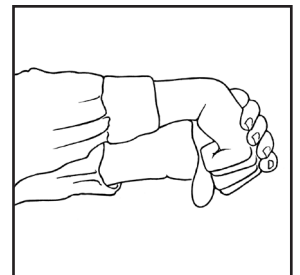


Stretch arms back and down

## Wrist Stretches

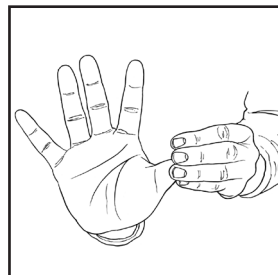


Stretch wrist back with the elbow straight

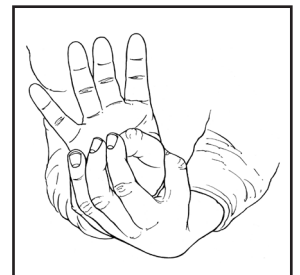


Stretch wrist down with the elbow straight

## Thumb Stretches



Straighten out thumb

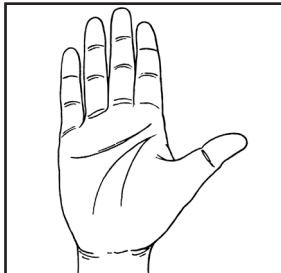


Bend thumb across palm and wrist sideways

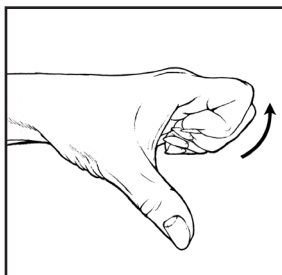
## Finger Stretches



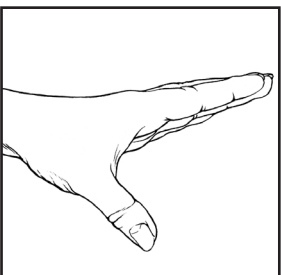
Make a fist



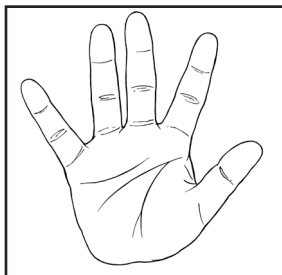
Straighten fingers



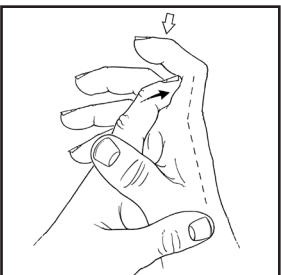
From a fist, raise back knuckles



Straighten fingers



Spread fingers apart and together



Push back knuckle and bend finger down

Exercise Program Modified From:

- Dr. Colt Murphy, Exercise Physiologist, Johnson & Johnson
- Dr. George Lutz, Corporate Medical Director, Ethicon
- Department of Engineering, Department of Health & Safety, Ethicon

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