

# The Smart Body Manager

Stretching is most beneficial when performed correctly. Observe these important rules:

- ✓ Use smooth gentle motions, ease into the stretch;
- ✓ Hold each stretch about 10 seconds or 2 relaxed, full breaths;
- ✓ Avoid pain and continue to breath while stretching

## Back Extension

Place your hand in the low back or at the hips. Gently lean backwards over your hands. Hold briefly and repeat several times – perform standing or seated.



## Side Bend

Place one hand on the hips for support. Bring the other hand overhead and stretch sideways – switch sides.



## Calf Stretch

Stagger your stance. Place your hands on a wall or stable surface and shift your weight forward at the hips keeping the torso erect. Bend the forward knee, keep the back leg straight. Both feet should remain flat on the floor. Feel the stretch in the calf of the rear leg – switch sides.



## Quad Stretch

Place your hand on a stable barrier for balance. Grab your foot or cuff of pants and pull up and back gently. Keep your back straight; keep the knee of the stretched leg close to the standing leg.



## Hamstring Stretch

Place your heel on an object at comfortable height (1-3ft). Keep the raised leg straight and keep low-back curve in place (back straight). Bend forward at the waist to increase the stretch – switch sides.



## Hip Extension

Place foot on stable surface (1-3ft tall). Shift weight forward onto raised leg, move hip of standing leg forward while torso leans back slightly. Feel stretch in the front of the hip of the standing leg.



## Chest & Shoulder

Stand with your feet shoulder-width apart. Grasp hands behind your back. Move your hands and arms away from the torso while inhaling fully and extending the head backwards. Hold briefly and repeat several times.



## Overhead Stretch

Clasp hands together and inhale fully as you bring the hands high over your head and extending backwards. Hold briefly, then exhale as you bring the arms back down. Repeat several times - perform standing or seated.



## Gluteal Stretch

**Standing:** Cross one leg in front of the other. Bend forward at the waist and place your hands on a barrier for support. Maintain the lumbar curve while feeling stretch in gluteal muscles.  
**Seated:** Cross one leg over the other, keep your foreleg as parallel to the floor as possible. Maintain lumbar curve while gently leaning forward at the hips.

## Forearm & Wrist



With the palm up and elbow straight, pull your fingers back until a stretch is felt in the forearm or wrist.

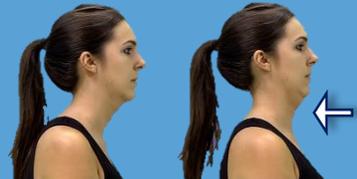


Next, reach under the wrist and pull the thumb back.



Turn your palm down, curl your fingers loosely and pull the knuckles toward you to feel the stretch on the opposite side of forearm.

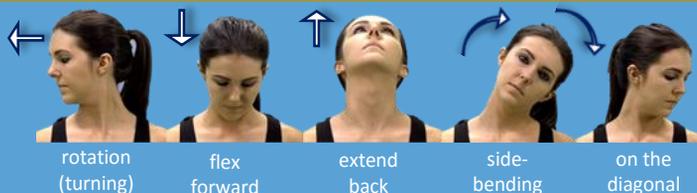
## Chin Tuck



Keep your head in a neutral posture. Move the chin straight back keeping chin in a level plane. Hold briefly and repeat several times.

## Neck Range of Motion

Start with your head in the neutral position. Move your head to each end-range and hold the stretch for 2 full breaths, then return to the neutral position.



# Work Habits of a Smart Body Manager (SBM)

## 1. Maintain Power Postures

- Back and Neck – ears, shoulders and hips should be kept in a straight line
- Shoulders – relaxed, back and down
- Wrist – “neutral wrist” or “karate chop” position
- Maintain these postures as much as possible

## 2. Minimize Reaching

- Upper arms should hang relaxed and close to the body

## 3. Sit Deep-in-the-Seat

- Maintain contact with the back rest, and support the lumbar curve

## 4. Stretch Regularly

- Static postures are stressful. This is counter-acted through stretching and exercise (movement)!\*
- Perform all SBM stretches once per day (i.e., beginning of work shift)
- Perform targeted “micro-break” stretches periodically throughout the day (i.e., 1x/hour)
- \*Counteract prolonged postures by stretching opposite to the posture that you have been in
- Stretch before you go to bed each night – prevents accumulation of stress

## 5. Three Principles of Safe Work

- Keep the back straight
- Keep the load close
- Avoid twisting

## 6. Practice These Habits 24/7

- At work, at home and throughout your life

### Contact

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