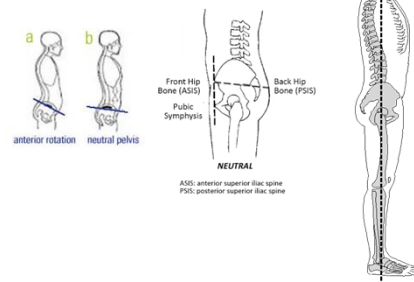


Ergonomic Daily Movement

For Flexibility & Strength

Nancy Dewhirst RDH,BS

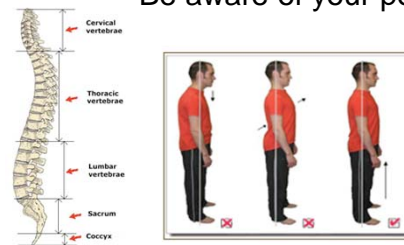
Stand Up



Stretch, Posture, Balance

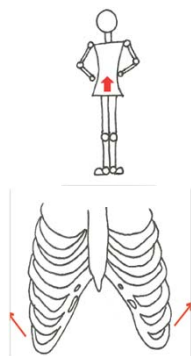


Be aware of your posture



Core Breathing

- Stand – heels together, toes ~4" apart
- Elongate spine, neck (be tall)
- Pull belly button to spine
- Contract lower & upper abdominals
- Hand on lower chest
- Inhale deeply, expanding ribs laterally
- Exhale
- Repeat 3 times



Stretches

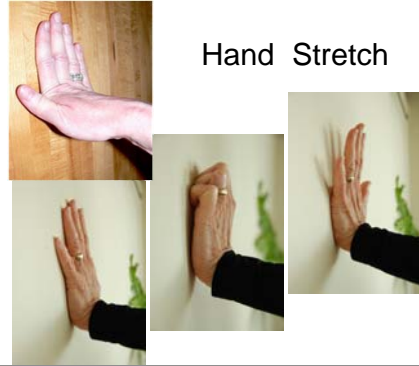


- Perform slowly, carefully, smoothly
- Feel stretch intensely, but **NO PAIN**
- No bouncing
- Hold for 30 secs, slowly release

Hand, Wrist, Arm, Shoulder Stretch



Hand Stretch



Strength Exercises

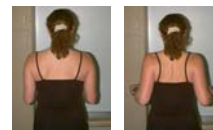


Chin Tucks



- Touch chin to chest
- Make a double chin in forward position
- Hold 5 sec
- Should feel stretch in back of neck

Scapular Retraction



- Keep both arms at side
- Bend elbows 90°
- Squeeze shoulder blades together, hold 10 sec

Shoulder Shrugs



- Keep both arms at sides
- Shrug shoulders toward ears
- Hold 3 sec
- Roll & lower shoulders backwards
- Keep elbows straight throughout exercise

Stretch Shoulder & Chest



- Place arm on table edge
- Slide arm forward, moving head level with table
- OR: against the wall

Trace with your nose!



Stretch Back of Neck



- Turn head away from tight side
- Look down, feel stretch
- Hold chair on tight side
- Pull head forward with other hand

Stretch Side of Neck

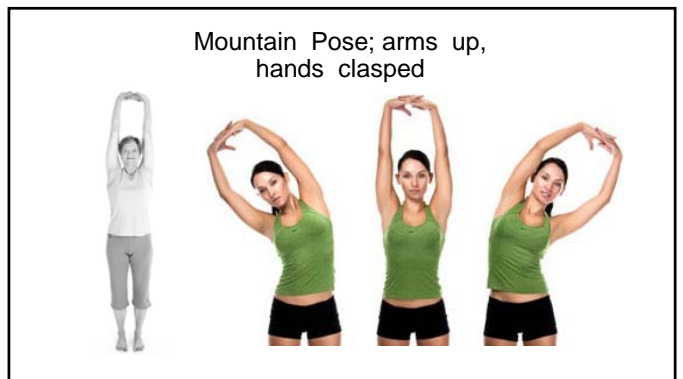
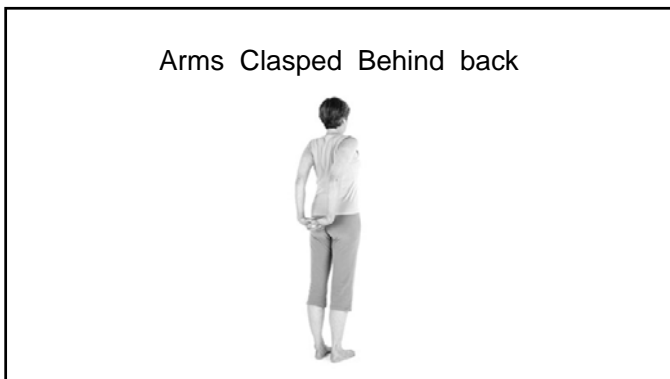
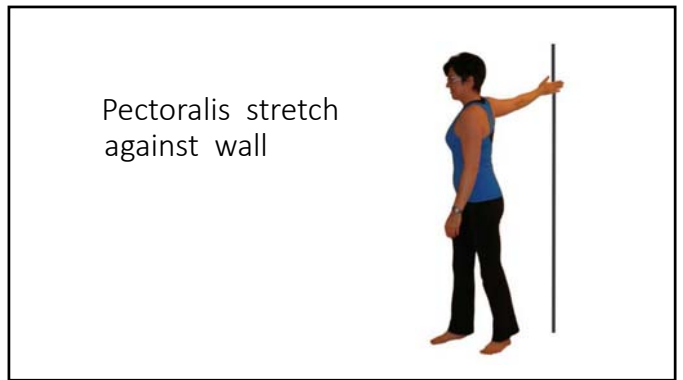
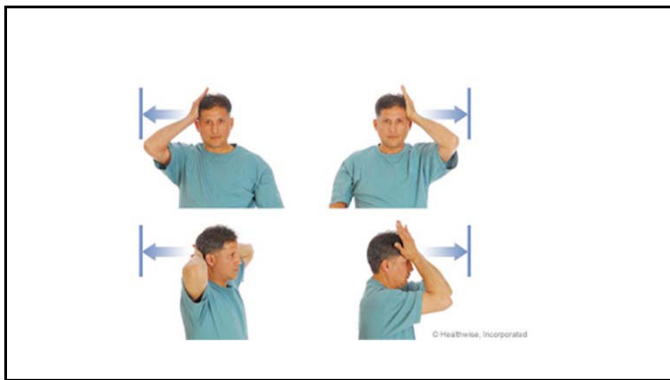
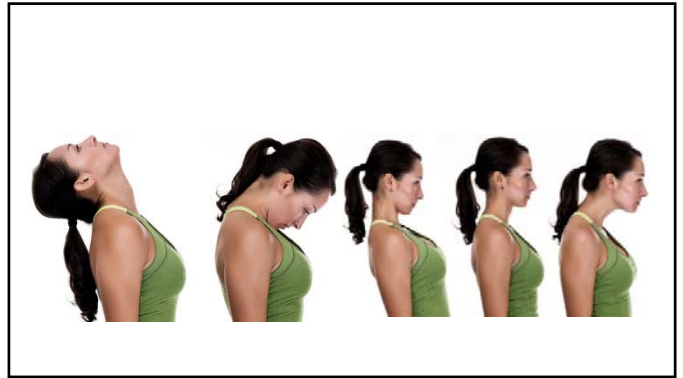
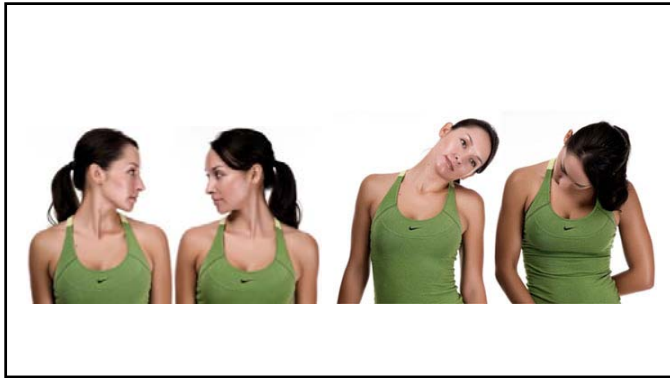


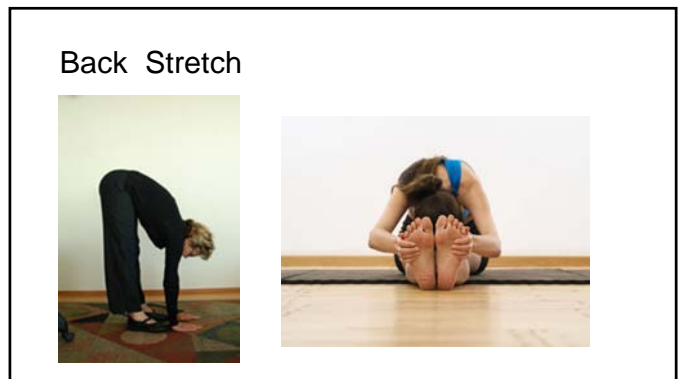
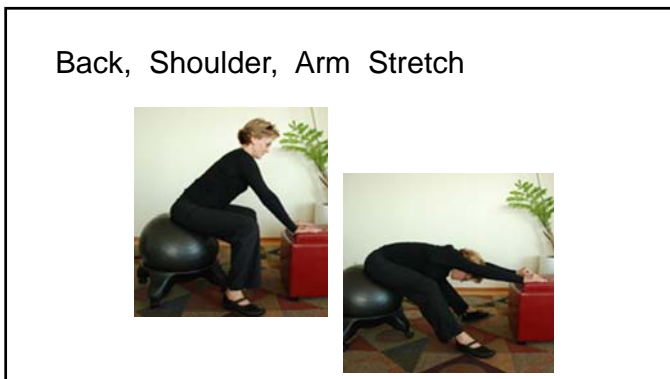
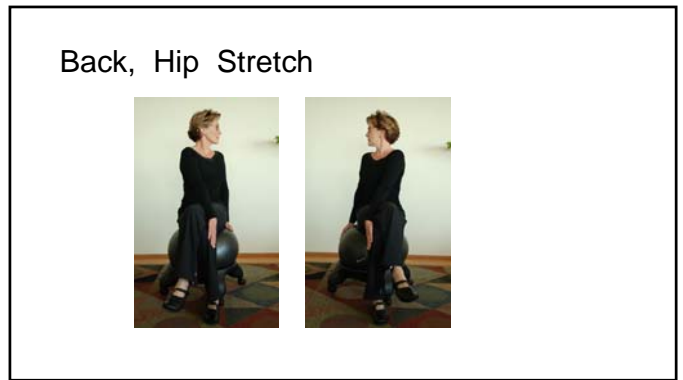
- Hold chair seat with hand of tight side
- Pull head back (in), make double chin
- Bend head away from tight side, turn to tight side
- Lean away from stable arm, reach with other arm to increase stretch

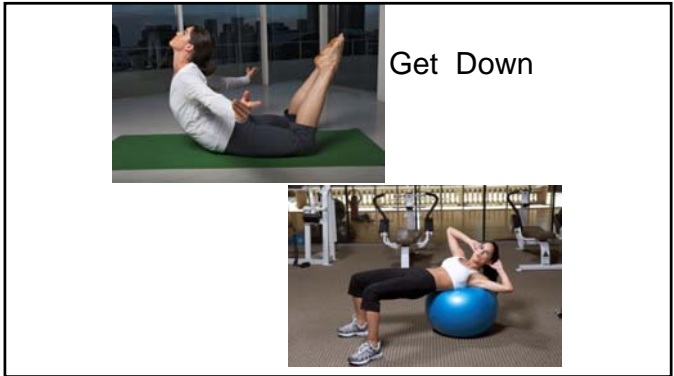
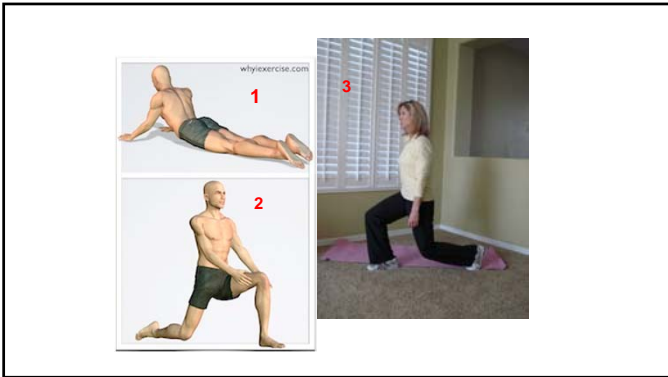
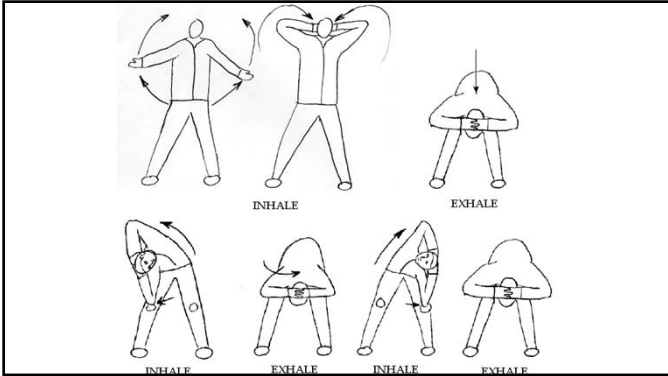
Stretch Chest

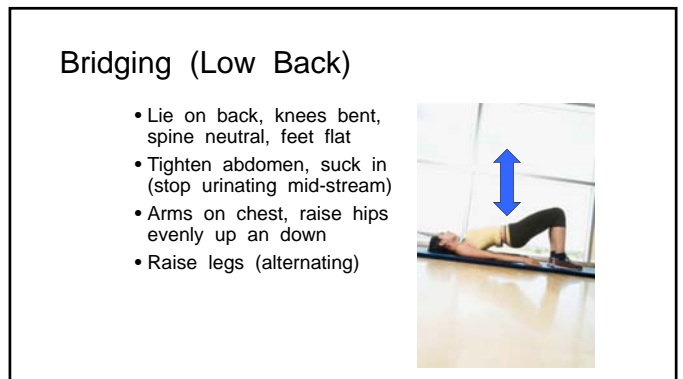
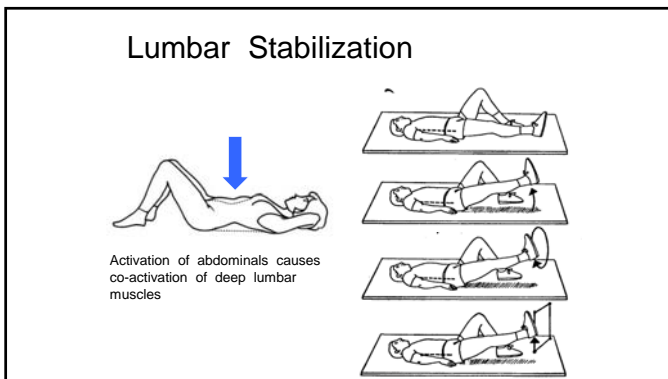
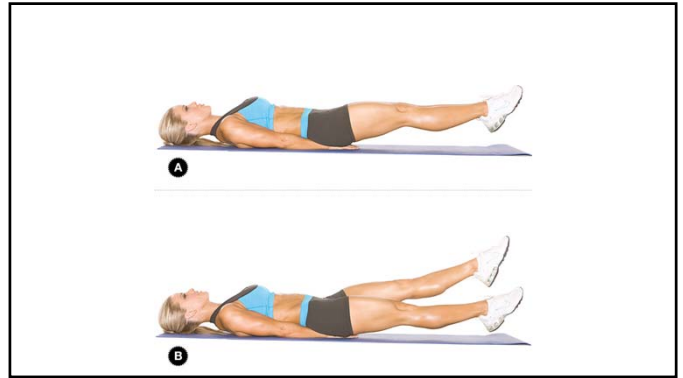


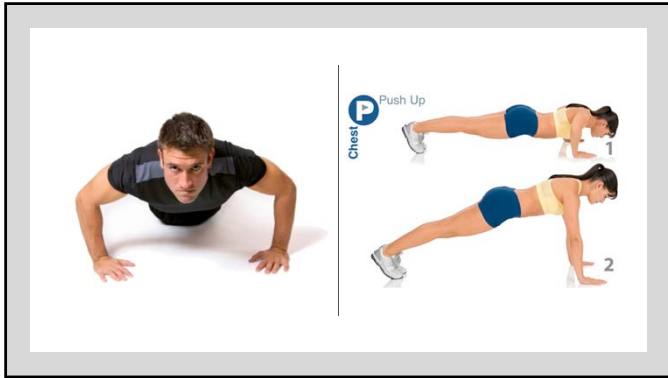
- Clasp hands behind head
- Inhale slowly, bringing elbows back
- Exhale slowly, bring elbows together, bend head forward





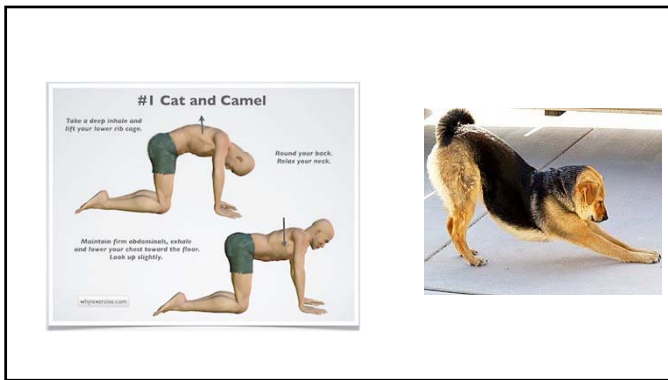




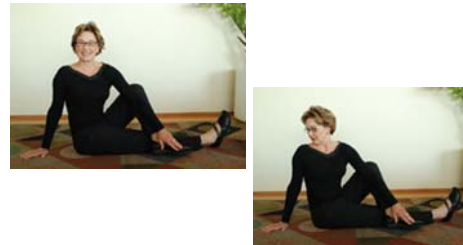


Low Back Exercises

- Cat stretch: on all 4's, round up, arch entire back, then curve opposite: bottoms up
- Bird-dog: on all 4's,
 - Flat table-top back
 - Raise arm (front), alternate, hold
 - Raise leg straight back, alternate, hold
 - Raise opposite arm & leg, alternate



Lower Back Stretch



Leg Stretches

