Routine For: The Occupational Athlete
Created By: The Injury Prevention Specialists

Shift Start-Up

**NECK - 8 Extensors / Flexors / Side Benders**

From sitting position with back straight, slowly roll head in a full circle. Repeat in opposite direction.
Repeat 0 times. Do 4 circles each direction.

**SHOULDERS - 1 Rotator Cuff**

Pull right arm down with left hand until stretch is felt. Hold 10-15 seconds. Repeat with other side.
Repeat 0 times. Do 1 session per day.

**ARMS - 1 Biceps**

With arms straight and fingers interlaced, raise arms until stretch is felt. Hold 10-15 seconds.
Repeat 0 times. Do 1 session per day.

**SHOULDERS - 3 Posterior Deltoids / Rhomboids**

Pull arm across chest until stretch is felt. Turn head away from pull. Hold 10-15 seconds. Repeat with other arm.
Repeat 0 times. Do 1 session per day.

**ARMS - 8 Triceps**

Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold 10-15 seconds.
Repeat 0 times. Do 1 session per day.

**ARMS - 2 Wrist / Flexors**

Stretch arm out in front with elbow straight and palm facing away. With other hand, pull fingers backward until a stretch is felt over inside of forearm. Hold 10-15 seconds.
Repeat 0 times. Do 1 session per day.
**HAND - 14 Wrist Extensor Stretch**

Keeping elbow straight, grasp either hand and slowly bend wrist forward until stretch is felt. Hold 10-15 seconds. Relax.

Repeat 0 times per set. Do 1 sets per session.
Do 1 session per day.

**ARMS - 7 Wrist / Flexors**

With fingers interlaced and palms out, straighten arms in front of you until stretch is felt. Hold 10-15 seconds.

Repeat 0 times. Do 1 session per day.

**HAND - 16 Wrist Flexor Stretch**

Sitting with elbows on table and palms together, slowly lower wrists to table until stretch is felt. Keep palms together throughout the stretch. Hold 15-20 seconds. Relax.

Repeat 0 times per set. Do 1 sets per session.
Do 1 session per day.

**HAMSTRINGS - 5 Forward Bend**

With feet shoulder-width apart and pointing straight forward, and with knees STRAIGHT, lower hands toward floor until stretch is felt. Hold 10-15 seconds. Bend knees to return to standing position.

Repeat 0 times. Do 1 session per day.

**BACK - 86 Thoracolumbar Side-Bend: Single Arm (Standing)**

Reach over head to other side with one arm until stretch is felt. Hold 10-15 seconds. Relax. Repeat for other arm.

Repeat 0 times per set.
Do 1 sets per session.
Do 1 session per day.

**TRUNK STABILITY - 35 Side Lunge**

Stand with knees slightly bent, stomach tight. Step to side with each leg, alternate.

Repeat 0 times per set.
Do 1 sets per session.
Do 1 session per day.
HIP / KNEE - 79  Deep Squat

Stand with feet shoulder width apart and squat deeply, head and chest up.

Repeat 5 times per set. Do 1 sets per session. Do 1 session per day.