

HIGHWAY TO HEALTH

Baby You Can Drive My Car

These stretches can be performed against your car whenever you are on the road for over an hour and need a break! *Hold each stretch for 15 – 30 seconds on each side.*

Wrist flexors. Press fingers against steering wheel, gently bending the wrist back. Keep fingertips up, palm facing away.



Wrist extensors. With palm down, press fingertips against the steering wheel gently bending the wrist forward.



Upper arm and shoulder. Place fist in the middle of your back then gently lean back.



Chest and neck. Place hands below one shoulder and gently push down. Lift head up and away from hands.



Neck. Hold one side of the seat. Lift chin up and away from anchored arm.



Chest. With arm extended and palm forward, hold the edge of your car. Gently rotate your body away from your arm.



Glute. Place one ankle on opposite knee. Keeping your back straight, gently bring your chest towards knee.



Hip flexor. Stand outside and hold onto your car for balance. Take one step forward, keep weight on back leg and lean into hip.



Quadriceps. Stand outside and hold your car for balance. Bend leg back and hold ankle.



Hamstrings. Extend one leg forward and gently bring your chest towards your knee. Hold ankle or calf.



Source: Saif Corporation (2010). Stretches for the professional truck driver.