
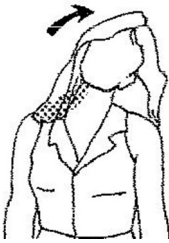


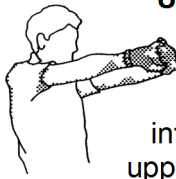
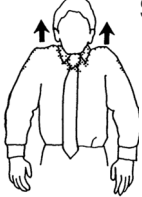





Start your Shift Stretching

Regular stretching can improve neuromuscular coordination, flexibility, and reduce pain and muscle weakness (Renan-Ordine, et al., 2011).

Complete each stretch 3-5 times a day, holding for ~15 to 45 seconds on each side. The goal is to break up the time you stay in one position by flexing certain muscles.

 <p>Arm reach: Reach above your head, interlock your hands together, turn your elbows in and press up.</p>	 <p>Neck bend: Look straight ahead; tilt your head, moving your ear towards your shoulder.</p>	 <p>Neck rotation: Look back over one shoulder for 5 seconds; repeat on other side.</p>
 <p>Shoulders: Bring one arm across your chest and use your other hand to increase the stretch.</p>	 <p>Upper back: Extend arms in front, palms inward, fingers interlocked. Round upper back and drop chin to chest.</p>	 <p>Shoulder shrug and roll: Move shoulders up, back, down and around in a circular motion 5 times.</p>
 <p>Chest: Place your hands on your low back and gently lift your chest up. Keep your chin level and shoulders rolled back and down.</p>	 <p>Pelvic tilts: Shift weight to one hip and then the other so buttock is lifted slightly. Then tilt forward and backward.</p>	 <p>Chest: Interlock fingers behind head. Squeeze shoulder blades pull elbows back.</p>



Tip: Walk! During your break, one of the best things you can do is walk around! Not only does this give your legs a good workout, but it helps contribute to improved cardiovascular health!

Holmes, T. (2004). Simple exercises to prevent driving pains. Retrieved from <http://www.schoolbusfleet.com/>

Renan-Ordine, R., Albuquerque-Sendín, F., de Souza, D.P., Cleland, J.A., Fernández-de-Las-Peñas, C. (2011). Effectiveness of myofascial trigger point manual therapy combined with a self-stretching protocol for the management of plantar heel pain: a randomized controlled trial. *Journal of Orthopaedic and Sports Physical Therapy*, 41(2), 43-50.