

# Maintenance Department – English pocket cards

## Neck Glide

Perform 5 repetitions



Keep head level (looking forward) and pull chin towards the back - do not hold this movement.

## Armpit

Hold 20-30 seconds, 3 repetitions



Start with the head/neck relaxed, turn head to the right, half turn. Bring chin down to chest in line with the arm pit, reach same arm up to apply light pressure downward. If needing a greater stretch, place the opposite arm behind your back.

## Neck Rotation

Perform 5 repetitions



Starting on the right side, turn your head to the left as far as you can go with a smooth motion. Repeat to stretch the left side by turning your head to the right. Do not hold.

## High Five

Hold 20-30 seconds, 3 repetitions



Find an open doorway or post to place the arms against. One arm at a time is ok. Place the arm up in a high five position. Take a step forward while leaving the arm against the doorway or post.

## Arm Cross

Hold 20-30 seconds, 3 repetitions



Starting with the right arm, cross the right arm across your chest while grabbing it with the left hand. Try to keep the shoulder back while applying pressure with the left hand.

## Back Scratcher

Hold 20-30 seconds, 3 repetitions



Starting with the right arm, raise the right arm back behind your head as if to scratch your back. With the left hand applying a light amount of pressure.

## Wrist Extensor

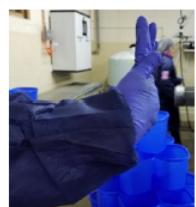
Hold 20-30 seconds, 3 repetitions



Start with the right arm out in front of body with the palm down, bend wrist down to point fingers toward the floor, apply gentle pressure to the palm with the left hand.

## Wrist Flexor-Level 1

Hold 20-30 seconds, 3 repetitions



Start with the right arm out in front of body with the palm down, bend wrist up to point fingers toward the ceiling. Apply gentle pressure to the palm of the hand with the left hand. Switch and repeat on the left.

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## Wrist Flexor-Level 2 & 3

Hold 20-30 seconds, 3 repetitions



Start with the right arm out in front of body with the palm up, elbow straight and apply pressure to the palm of the hand. If needing a greater stretch lightly grab the thumb as close to the palm as possible.

## Wrist Dip

Hold 20-30 seconds, 3 repetitions



Start with the right arm out in front of body with the thumb tucked into the palm. Make a fist with the thumb inside of closed fingers, tip wrist down toward the floor simulating pouring of a jug of milk. Switch to the left and repeat, or perform together.

## Back Bend

Perform 5 repetitions



Place hands on hips, slightly lean back while keeping the knees straight. Return to starting position. Do Not Hold.

## Knee

Hold 20-30 seconds, 3 repetitions



Begin with feet less than shoulder width apart or together, hold onto a chair, desk or nearby wall, starting with the right leg, bring the foot back and grab the ankle with the same hand. Pull up trying to bring heel to buttock.

## Standing Hamstring

Hold 20-30 seconds, 3 repetitions



Start with the right leg, place heel on the floor with toes pointing up, gradually hinge from the hips with the back straight trying to put the stomach on the thigh. Stretch will be felt in the back of the leg.