

UCI Custodial Upper Body Stretch Handout

Benefits of Stretching:

- * Increased flexibility
- * Increased range of motion
- * Increased blood flow
- * Increased energy
- * Increased recovery

Helpful Tips

- * Remember to breathe during the stretch
- * Perform the stretch in a slow, controlled manner
- * Stretch only to the point you feel a mild tension
- * Stretches can be performed during a micro-break
- * Drink water to ensure proper transport of nutrients to muscles and tendons.

Reminder!

Since everyone has different body types and flexibilities, do not compare your body too closely to other while stretching. Comparisons may lead to overstretching! Consult a qualified medical professional before starting a stretch program if you have experience a prior injury, have recently gone through, or have muscle or joint problems.



Forearm Stretch

1. Start with your arm fully extended with your palm facing the ground.
2. Gently bring your palm towards your body so your fingers are pointing down
3. Grasp the base of your fingers and gently pull you palm towards you until you feel a mild stretch.
4. Start with your arm fully extended with your palm facing the ground.
5. Gently bring your hand back so your fingers are pointed up
6. Gently pull your fingers back until you feel a mild stretch.

Tasks Associated

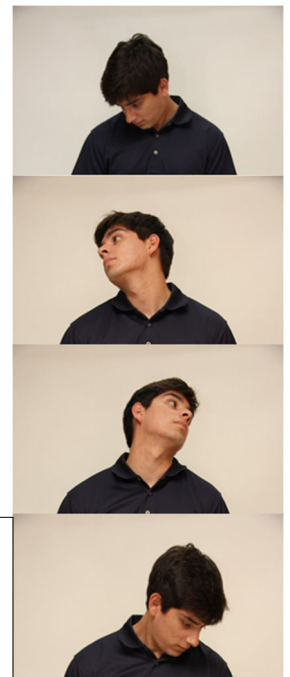
- Gripping Tools - Dusting, Mopping, Spray Bottle
- Trash Collection and Disposal

Neck Rotation

1. Place your hands by your side and relax your shoulders.
2. In a slow controlled motion, roll your head in a circular motion.
3. Perform 5 circular motions, alternating direction of circular motion after single repetition

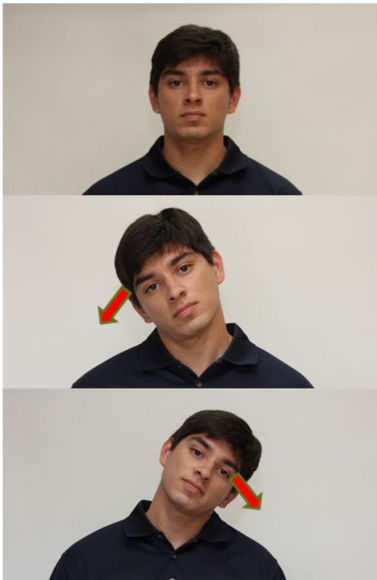
Tasks Associated

- Looking up, down and to the side.
- All Tasks - Dusting, Mopping, Vacuuming, General Cleaning



Don't consider stretching as a warm-up!

You may hurt yourself if you stretch cold muscles. Before stretching, warm up with light walk, jog, or even low intensity work-out.



Ear to Shoulder Stretch

1. Start in a standing position with your arms down by your side.
2. Tuck your chin so that your neck and spine are vertical, and you are in your neutral position
3. Slowly move your left ear to your left shoulder until you feel a mild tension. Hold for 5 seconds
4. Alternate to your opposite side.
5. Bonus use 2 fingers to light pull you head towards your shoulder for deeper stretch. (Do not overexert)

Tasks Associated

- Looking up, down, and to the side
- All Tasks - Dusting, Mopping, Vacuuming, General Cleaning

Shoulder Squeeze

1. Start in a standing position.
2. Place both hands behind your head with your fingers interlaced.
3. Slowly squeeze your shoulder blades together and stick out your chest until you feel a mild stretch.
4. Hold for 10 seconds and release and repeat for 2 sets.

Tasks Associated

- Reaching Forward
- Utilizing Vacuum, Duster, Mopping, Shower Cleaning



Arm Cross Stretch

1. In a standing position, with your arms to your side
2. Reach one arm across your body, using your other arm or wrist to hold it gently by your upper arm.
3. Slowly begin to pull your arm toward your chest allowing the stretch to reach deep into the back of your shoulder
4. Deeper Stretch – Twist your back to deepen stretch

Tasks Associated

- Reaching Forward
- Utilizing Vacuum, Duster, Mopping, Shower Cleaning