

Stretch Exercise Poster

Warming your way up to muscular health

Repetitive Strain Injury (RSI) is a cumulative injury of the musculoskeletal and nervous system which may result from repetitive or sustained manual handling tasks. Stretching exercises help reduce muscular fatigue and the risk of developing an RSI.



Back Arching
Gently arch back & hold for 5 -10 seconds. Repeat as often as is needed.



Upper & Lower Back Stretch
Turn palms upwards above head & slowly lean slightly from side to side. Repeat movement several times.



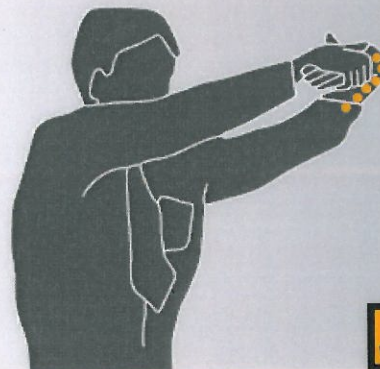
Pectoral Stretch
Raise both arms & bend elbows. Pull both elbows back slowly to bring shoulder blades towards each other.



Shoulder Rolls
Circle shoulders forward several times, then backwards. Repeat 3 - 5 times.



Wrist & Elbow Stretch
Interlace fingers, palms outward & straighten arms in front. Hold for 10 seconds & repeat.



Wrist Stretch
Straighten arms in front & bend wrist forward. Hold for 10 seconds then stretch wrist back and hold for 10 seconds.