Range of Motion & Stretching Exercises

Developed By:
The City of Cedar Rapids Safety & Health Department
Benefits of Flexibility Training

Flexibility is defined as the range of motion possible around a joint (such as the shoulder) or around a series of joints (such as the spine). Range of motion is dependent on the ability of the soft tissue (such as muscles or tendons) around the joint itself to extend.

A few benefits of stretching:
- Decreased risk of injury
- Decreased chronic muscle tension
- Decreased low-back pain
- Improved posture
- Increased muscle coordination
- Decreased stress
- Relief of muscle soreness
- Increased mind/body connection
- Improved ability to perform daily activities
- Increased blood and nutrients to tissues
- Quicker healing to injured tissues

A consistent flexibility training program is vital for maintenance in range of motion and increasing the likeliness of benefits.
ARM CIRCLES
10 Small Circles Forward
10 Small Circles Backwards
10 Large Circles Forward
10 Large Circles Backwards

SHOULDER SHRUGS/ROLLS
10 Forward
10 Backwards

EXTERNAL ROTATION
10 with Elbows In and **Palms Up**
Squeeze shoulder blades together

CUBAN PRESS
5 Single Arm
5 Double Arm

POSTERIOR SHOULDER STRETCH
Stretch 10-15 seconds
Hold elbow and gently pull arm across chest
Repeat with other arm

TRICEPS STRETCH
Stretch 10-15 seconds
Gently push elbow behind head with opposite hand
Repeat with other arm
**BICEPS/DELTOID STRETCH**
Stretch 10-15 seconds
Interlace fingers behind back and raise arms

**STRAIGHT ARM STRETCH**
Stretch 10-15 seconds
Interlace fingers reaching forward with palms out

**WRIST & FOREARM STRETCH**
Stretch 10-15 seconds
Reach arm forward and pull fingers back
Palm facing away & Palm facing in
Repeat with other arm

**WRIST ROTATIONS**
Stretch 10-15 seconds
Press palms together in front pushing down
Keep palms pressed and rotate fingers down

**OBLIQUE STRETCH**
Stretch 10-15 seconds
Reach arm overhead and bend to the side
Keep shoulders, hips, and knees aligned
Repeat on other side

**SIDE BENDS**
5 each side- Alternating sides
Relax arms at side and reach towards knee
NECK STRETCH
Stretch 10-15 seconds
Tilt head towards ear and gently pull with hand
Repeat on other side

UPPER BACK ROTATIONS
Stretch 10-15 seconds
Look over left shoulder while twisting lower body to the right
Repeat on other side

SPINE ROLL
Hold stretch for 10-15 seconds
Slowly tuck chin to chest and roll spine down while reaching for the floor
Slowly return to standing and un-tuck chin
Repeat once

HAMSTRING STRETCH
Stretch 10-15 seconds
Place one leg forward with toe towards ceiling
Shift weight over back leg
Repeat with other leg

CALF/QUAD STRETCH
Stretch 10-15 seconds
Place one leg forward keeping back heel down
Shift weight over front leg
Repeat with other leg
QUADRICEPS STRETCH
Stretch 10-15 seconds
Gently pull right heel towards buttocks with left hand keeping knee pointed towards floor
Repeat with other leg

REVERSE LEG LIFTS
5 lifts each leg
Stand on one leg with back straight
Slowly lift leg backwards without bending torso forward then return toe to ground
Repeat and switch legs

SUPERMAN
Hold 10-15 seconds
Raise one leg backwards keeping leg straight
Reach arms forward leaning forward
Straight line from fingers to toes
Return leg to ground
Repeat with other leg