

AT HOME FLEXIBILITY STRETCHES

Work Warm-Up, Stretch and Flexibility Program

These stretches can be done at home on a mat or soft surface.

Having flexible muscles ensures that your muscles can move through a full range of motion without pain. Keeping you flexible will reduce your risk of on-the-job injury.

These stretches should be done daily to increase flexibility. They should be held one minute to allow the muscles to relax and lengthen.

Key Points:

- Consult your doctor before beginning any new exercise program
- Never overstretch – you should feel a slight pull, but never any pain
- Stop if you feel dizzy, uncomfortable, or experience any pain
- Read all instructions before beginning
- Wear comfortable clothes that don't restrict your movement
- Always go at your own pace



Workplace Safety & Prevention Services™ is the largest health and safety association in Ontario, responsible for more than 167,000 member firms across the agricultural, industrial/manufacturing and service sectors.

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AT HOME FLEXIBILITY STRETCHES

1. Cobra Stretch

- Lie face down and keep your hands by your shoulders – as if you were doing a push-up
- Put the tops of your feet on the ground – this helps to lengthen the spine
- Very slowly push your torso up as far as is comfortable – keep your hips on the floor
- Hold this stretch for one minute
- Lower yourself slowly back to lying on the floor



2. Pelvic Tilt

- Lay on your back with your knees bent
- Gently press your lower back down (imagine you are pressing low back onto a quarter) while tilting/rotating your pelvis
- Return to neutral position and repeat



3. Lying Hamstring/Ankle Stretch

- Lie on your back with your head on the floor
- Keep one leg flat on the floor
- Pull one knee up by grasping it behind the knee
- Slowly straighten your leg until you feel a stretch in the back of the leg
- Keep the bottom of your foot toward the ceiling
- Rotate your foot in a clockwise direction 5 times
- Repeat in the other direction
- Slowly point and flex your foot a couple of times
- Lower your leg and repeat on the other side



4. Crossed Leg Gluteus Stretch

- Lie on your back with your head on the floor
- Cross the ankle of one leg over the knee of the other
- Clasp your hands behind the knee of the unbent leg and pull knee toward your chest
- Feel the stretch through your buttocks
- Hold this stretch for one minute
- Repeat on the other side



5. Lying Quad Stretch

- Lie on your side
- Grab the ankle or forefoot of the upper foot
- Pull the heel toward your buttocks
- Do not arch your back, maintain a pelvic tilt
- Feel the stretch along the front of your thigh
- Hold this stretch for one minute
- Repeat on the other side



6. Sitting Hurdler Stretch

- Sit with one leg straightened and the other leg bent into the thigh of the straightened leg
- Lean forward from your lower back – don't hunch over with your back and shoulders
- Feel the stretch in the back of your straightened leg
- Hold this stretch for one minute
- Repeat on the other side



7. Butterfly Stretch

- Sit with your knees bent and the soles of your feet touching each other
- Keep your back straight and hold your ankles
- Gently press your knees downward and feel the stretch in your inner thighs
- Hold this stretch for one minute

8. Kneeling Hip Flexor Stretch

- Get down on one knee
- Gently lean forward until you feel a stretch in the hip of the back leg
- Hold the stretch
- Gently rotate your torso toward the front leg
- Place your hands on the outside of your front leg
- Hold this stretch for one minute
- Rotate back to your starting position
- Repeat on the other side



9. Doorway Chest Stretch

- Stand in a doorway
- Place bent arms on the doorframe
- Stand with one leg in front of the other in a split stance
- Lean forward slowly until you feel the stretch in your chest
- Hold this stretch for one minute



10. Cat Stretch

- Start in a position on all-fours, ensuring that both your arms and your knees are shoulder width apart
- Slowly curve your spine toward the ceiling (similar to a cat arching its back)
- Hold this stretch for one minute
- Return to neutral when done

