

# 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.

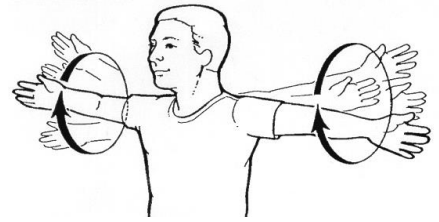
## A few benefits of stretching:

- 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.

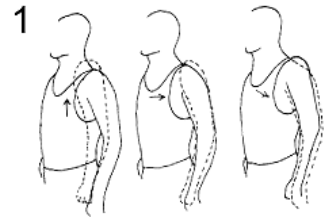
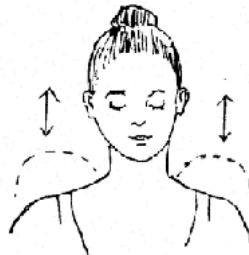
## ARM CIRCLES

- 10 Small Circles Forward
- 10 Small Circles Backwards
- 10 Large Circles Forward
- 10 Large Circles Backwards



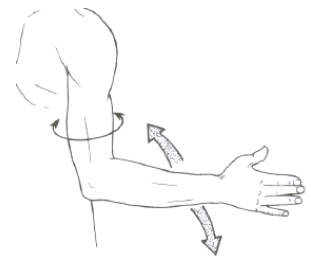
## SHOULDER SHRUGS/ROLLS

- 10 Forward
- 10 Backwards



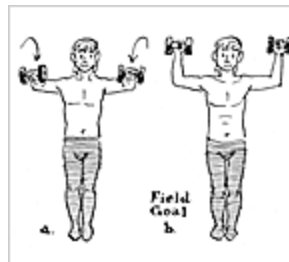
## EXTERNAL ROTATION

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



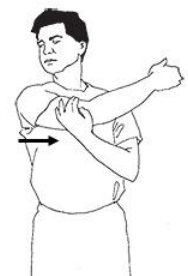
## CUBAN PRESS

- 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



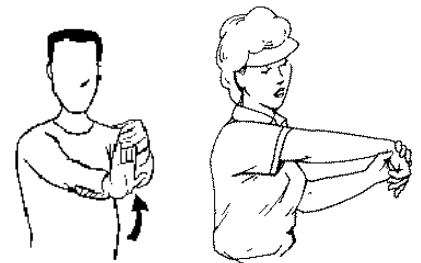
### WRIST & FOREARM STRETCH

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



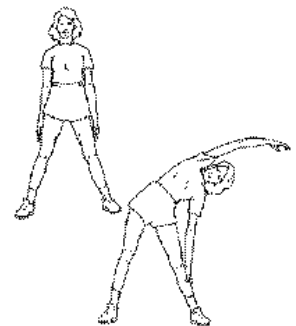
### OBLIQUE STRETCH

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

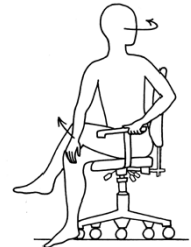


### UPPER BACK ROTATIONS

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

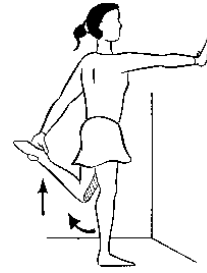


### QUADRICEPS STRETCH

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

