



Take Five for You!



This stretching guide has been adapted from the Take Five for You! video, brought to you by the Office of Employee Health and Wellness for State of Maine Employees.



We would like to encourage employees to utilize the information in this stretch guide to prevent injury. These exercises can be done right at your desk and are intended to stretch and strengthen your muscles to prevent injury.

One of the most common work-related musculoskeletal injuries is carpal tunnel syndrome. This is a serious condition that can cause numbness, tingling, and pain in the wrists and hands.

This stretch guide can help you protect yourself against injury. Thank you for taking these steps to protect your own health!

As with starting any new exercise program be sure to check with your health care provider first. Please see the disclaimer information listed below:

The instructions and advice presented are in no way intended to be a substitute for medical counseling. To reduce risk of injury, never force or strain, and use the program only as intended and demonstrated, and follow all instructions carefully. The creators, producers, participants and distributors of this program disclaim any liability or loss in connection with the exercises and instructions in this stretch guide. Please consult a physician before beginning this or any other exercise program.

Please note the following important cautions before using this program:

Not all exercises are suitable for everyone and this or any other exercise program may result in injury. Consult with your doctor before embarking on this or any other exercise program.

Benjamin Ludwig, certified strength and conditioning specialist will guide you through this Take Five for You! desk exercise routine. Heather, a State of Maine employee, will demonstrate the exercises.

Exercise 1: Lateral Neck Stretch

For this exercise, you are going to want to start with your arms relaxed down to your sides. Tilt your head and bring your ear over to one shoulder and alternate back and forth between sides. You are going to do three repetitions on each side. Make sure to do this stretch nice and slow, in a comfortable range of motion. This is going to help loosen up the neck muscles for the remainder of the exercises.



Exercise 2: Shoulder Rolls

For this exercise, you are going to roll your shoulders three times going backwards, and then changing direction for three more repetitions. Again, this will help loosen up the neck muscles and a little bit of the shoulder muscles as well.



Exercise 3: Chest and Shoulder Press

For this exercise, you are going to bring your hands up to your shoulders and press straight out in front of you. From there, bring your hands back in front of your shoulders and then press straight up. Extending the arms in each direction, you are going to do five repetitions. Remember to stay within a comfortable range of motion for the shoulders and make sure that you're breathing and keeping a nice tall posture during this exercise.



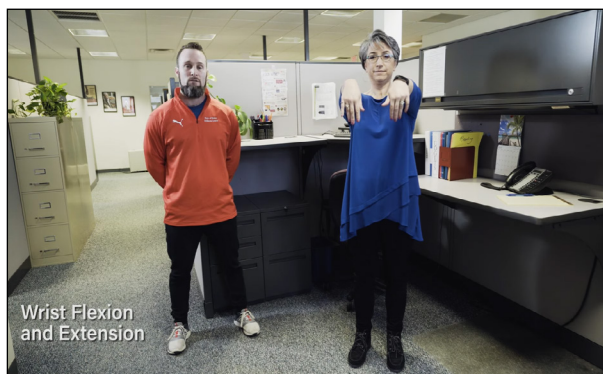
Exercise 4: Arm Circles

You are going to bring your arms out to the sides, staying within a comfortable range of motion, and make circles with the arms. Do this three times for each direction. This stretch provides great activation for the shoulder muscles, the back muscles, and a little bit of the chest muscles as well.



Exercise 5: Wrist Flexion and Extension

For this exercise, you are going to hold your arms out at shoulder level and with the palms facing the floor, point your fingers down towards the floor and then up towards the ceiling. This will help loosen up the forearm muscles, as well as active and stretch them out. You are going to want to do five repetitions each way here.



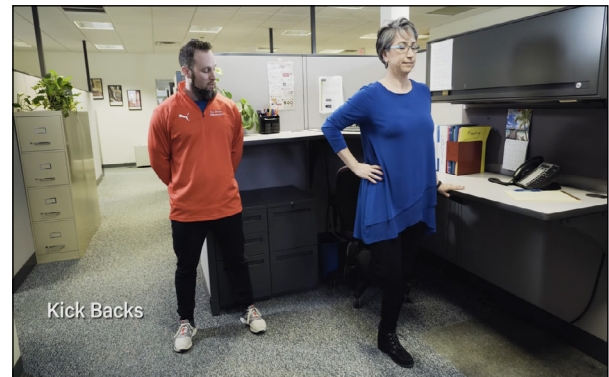
Exercise 6: High Knees

For this exercise, remove any footwear that may impede your balance. Make sure that you have some space around you and use your desk for balance if you need to. You are going to use your other hand, holding it at hip level to bring a knee up to. Alternate back and forth between legs. This is a great exercise for the thigh muscles, as well as for improving balance. For this exercise, you are going to do three repetitions on each side.



Exercise 7: Kick Backs

Again, using the desk for balance if you need to, you are going to kick your heels out behind you while bending at the knee. You are going to alternate back and forth between legs for three repetitions on each side. This is a great exercise to improve balance as well as for working out the hamstring and thigh muscles.



Exercise 8: Partial Squat

You are going to start by placing your hands on your hips with your toes forward, and feet at a shoulder width stance. For this exercise, you are going to bend your knees and send your hips back behind you while keeping your posture tall in a controlled and comfortable range of motion. This exercise is great for the thighs, the hips, and trunk stability. You are going to do five repetitions.



Exercise 9: Heel Raise

Keeping the toes forward, you are going to lift yourself up onto the balls of the feet and slowly come back down to the floor with your heels. You are going to do five repetitions. This is a great exercise for the lower part of the legs.



Exercise 10: Lateral Leg Lift

Using the desk again for balance if need be, you are going to keep your toes pointed forward as you raise your leg out to the side. Do this for three repetitions on each side, bringing the leg down to the floor each time. This is a great exercise to isolate the thigh and hip muscles, as well as helping to improve the balance.



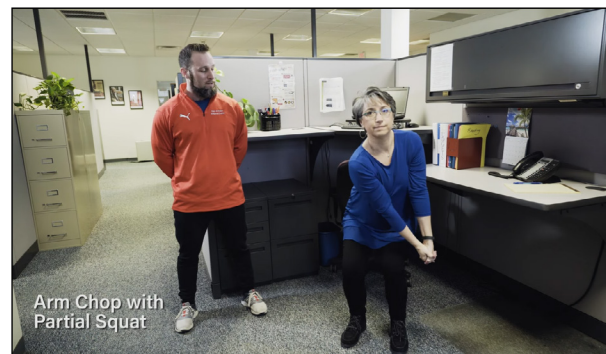
Exercise 11: Toe Reach to Overhead Reach

You are going to reach down towards your toes, bending at the waist, and then coming back up and reaching the arms straight up overhead. Make sure to do this exercise nice and slow here, while pacing this exercise with your breathing. Do five repetitions for this exercise. This is a great full-body exercise, stretching everything from the shoulders, right down through the thighs and legs.



Exercise 12: Arm Chop with Partial Squat

For this exercise, you are going to bring your hands together over one shoulder, and chop your arms down across the body, bending the knees in a partial squat. Then, coming back up to starting position. This is another great full body exercise for the shoulders, the trunk, and the thigh muscles. Make sure to pace your breathing with this exercise. Do this exercise for three repetitions on each side of the body.





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