

8 MUST DO STRETCHES FOR RADIOGRAPHERS

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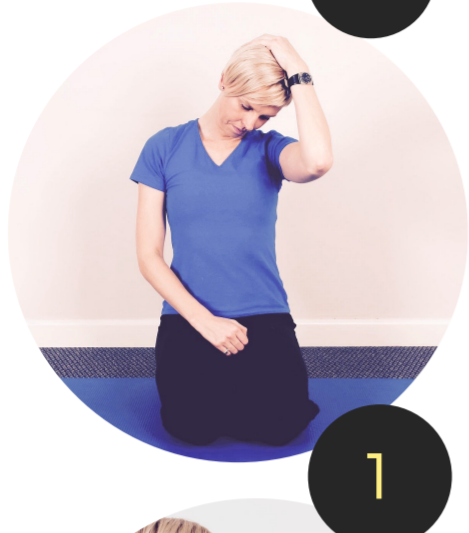
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STRETCHES



Side Neck Stretch.

Upper Trapezius stretch.



Diagonal Neck Stretch.

Levator Scapulae stretch.



Forearm Stretch.

Forearm flexor stretch,
Important for scanning.



Shoulder Rolls.

Loosen and relax
your upper trapezius and
cervical paraspinals.



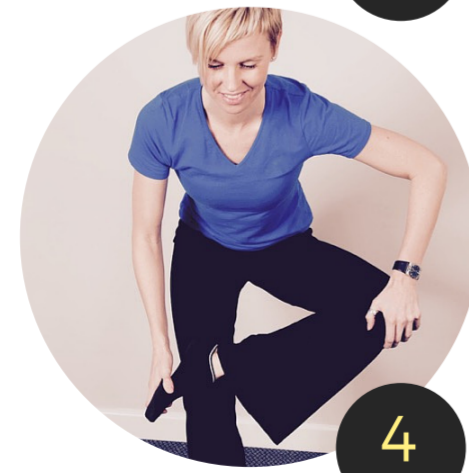
Chest Stretch.

Pectoralis Major and
Minor Stretch



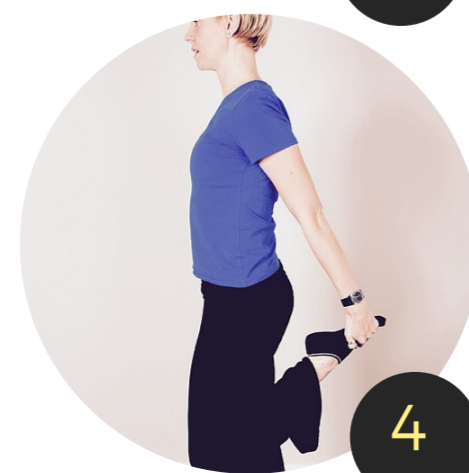
Side Back Stretch.

Quadratus Lumborum
and intercostal stretch



Glute Stretch.

Gluteus Max and
piriformis stretch.



Quad Stretch.

Quadriceps and Hip flexor
stretch.



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SIDE NECK STRETCH

STARTING POSITION: Looking straight ahead, place left hand over the head with fingertips reaching toward the right ear.

EXERCISE: Bend your neck to the left, right ear up to the ceiling. You should feel a stretch along the right side of your neck and shoulder.

REPS/LENGTH: Hold for 20-30 secs and then perform on other side of the neck. Perform multiple times during the day if you get a tight neck.



DIAGONAL NECK STRETCH

STARTING POSITION: Rotate head to the left and place your left hand on the crown of your head.

EXERCISE: Bend your head forward bringing your nose toward your armpit. You should feel the stretch on the 'corner' of your neck.

REPS/LENGTH: Hold for 20-30 secs and then perform on other side of the neck. Perform multiple times during the day if you get a tight neck.



FOREARM STRETCH

STARTING POSITION: Stretch your right arm out straight, palm up, in front of you. Place your left hand on top of your right fingers.

EXERCISE: Pull your right fingers/wrist back, you should feel your right forearm stretch.

REPS/LENGTH: Hold for 20-30 secs and then perform on other side. Perform multiple times during the day if you get a sore neck or elbow.



SHOULDER ROLLS

STARTING POSITION: Seated or standing in a tall posture.

EXERCISE: Rise your shoulders up to your ears, back and down, keep relaxed through the neck.

REPS/LENGTH: Perform as many times as you want, we recommend at least 5x. Then set yourself back in a nice tall posture.



WALL CHEST STRETCH

STARTING POSITION: Place right forearm up against the wall, elbow at 90 degrees and up at shoulder height if possible.

EXERCISE: Lean your body forward and turn away from your right arm. You should feel a stretch in your chest.

REPS/LENGTH: Hold for 20-30 secs and then perform on other side. Perform multiple times during the day if you get a stiff upper back or sore anterior shoulder.



SIDE BACK STRETCH

STARTING POSITION: Seated in a tall posture, reach your left hand up and over your head.

EXERCISE: Stretch your arm to the right and draw your left hip down. You should feel a stretch in the left side of your waist, back and ribs.

REPS/LENGTH: Hold for 20-30 secs and then perform on the other side. Perform the stretch multiple times in one day if you have asymmetrical back pain or one hip is higher than the other.



GLUTE STRETCH

STARTING POSITION: Either Seated or standing, place your ankle on your opposite knee.

EXERCISE: Lean your upper body forward. You should feel a stretch in the glute muscles of the bent leg.

REPS/LENGTH: Hold for 30-45 secs and then perform on other side. Great exercise for those of us who stand a lot during the day.



QUAD STRETCH

STARTING POSITION: Standing tall, with one hand holding onto something for balance, if needed.

EXERCISE: Bend your left knee and place your left foot into your hand. Pull your foot to your bottom and make sure your pull is in your abdominal muscles as well.

REPS/LENGTH: Hold for 30-45 secs, then swap side. Great for people who sit or stand a lot. Make a spot in the workplace, eg. printer, where you 'Do you quad stretch!'