

TOP 5 STRETCHES FOR SONOGRAPHERS

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Our aim is to be Adelaide's leading provider of injury prevention seminars, inhouse pilates and yoga and ergonomic assessments.

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STRETCHES



Side Neck Stretch.

Upper Trapezius stretch.



Diagonal Neck Stretch.

Levator Scapulae stretch.



Forearm Stretch.

Forearm flexor stretch

Healthy Tip.

Are you drinking enough water?



Chest Stretch.

Pectoralis Major and Minor Stretch



Side Back Stretch.

Quadratus Lumborum and intercostal 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.



WATER ARE YOU DRINKING ENOUGH?

You need to take in enough fluid to make up for the amount we lose each day, around two litres. Fluid intake also takes into account the food we eat, approx. one litre, based on a normal diet. To make up the difference, about six cups of tea, coffee or small glasses will help you replenish your water.



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.