



## Industrial Work Exercises

### Work Warm-Up (3-5 minutes)

### Work Relief Exercises (micro-breaks: 20 sec – 2 minutes)

Perform activities within your health and fitness level. Focus on good posture throughout each activity. Use controlled, intentional movements. You should not feel pain; speak with your health care provider for injury specific exercises, if needed.

Walk or move around for 1 minute before starting the warm-up. Briefly pause at the end of each movement.

## Hands

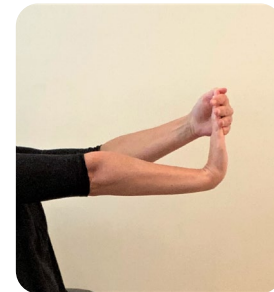
### a) Fist movement:

- Make a fist
- Stretch fingers out  
10 times



### b) Wrist movement:

- Make a fist and bend wrists down
- Bend wrists up with an open palm, you can apply comfortable pressure  
10 times

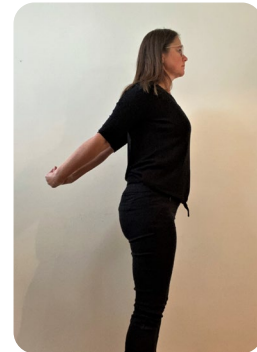




## Shoulders & Upper Back

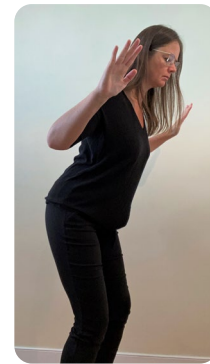
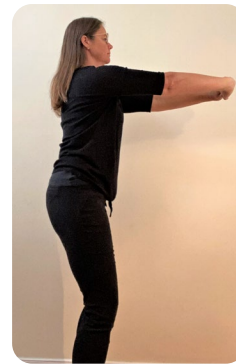
a) Shoulders:

- Reach up
  - Reach down and back
- 10 times



b) Upper back:

- Reach forward, curve upper back forward
  - Bend slightly forward at the hips, squeeze elbows and shoulder blades back
- 3 times



c) Trunk rotation:

- Stand tall, with hands on hips, turn body to look over the shoulder
- 3 times each side





## Neck

a) Flexion and extension:

- Look forward with good posture
- Look up to the ceiling
- Roll chin to chest  
3 times



b) Rotation:

- Look forward with good posture
- Keep nose and chin aligned, turn to look over each shoulder  
3 times each side



c) Side flexion:

- Look forward with good posture
- Tip ear to each shoulder  
3 times each side





## Back

### a) Side flexion:

- Stand up straight with good posture
  - Side bend and reach your top arm over your head. Do not twist
- 3 times each side



### b) Flexion and extension:

- Start with good posture
- Bend forward to touch your toes
- Slowly roll up to standing
- Support low back with your hands
- Lean back, tighten buttocks, and keep your neck neutral

3 times



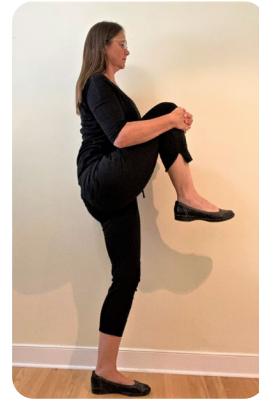


## Lower Extremities

### a) Knee to chest:

- Use good posture, pull one knee to chest (lean your back against a wall if you have difficulty with balance)

3 times each side

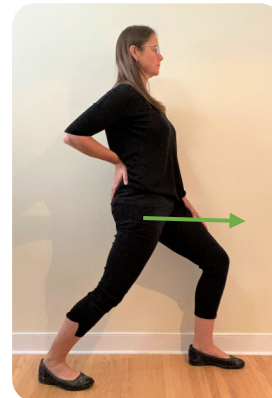


### b) Hip flexor stretch:

- Use good posture, push hip in the direction of the arrow (use external support if needed)

Hold 20 seconds

1 -2 times each side

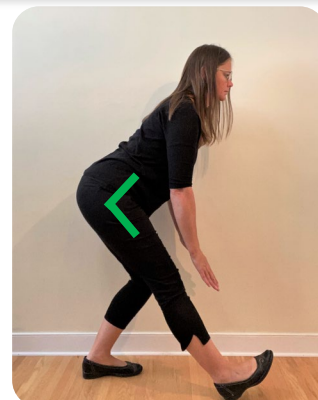


### c) Hamstring stretch:

- Place heel on floor, keep knee straight, and bend forward at the hip

Hold 20 seconds

1-2 times each side







## Full Body Movements

Complete full body movement exercises after breaks & lunch

(2 – 3 minutes)

A) Squat x 1, stand up, reach up x 3 while completing fist movements



B) Squat x 1, stand up, reach forward and then squeeze elbows back x 3



C) Squat x 1, stand up and side bend X 3 each side



D) Squat x 1, stand up, lift foot back x 3 each side and then march X 3 each side



**Micro-breaks: Complete throughout your shift (20 seconds to 2 minutes)**

- Alternate your posture/position (example: alternate kneeling and stooping)
- Use equipment (example: use a cart or dolly)
- Perform work relief exercises (work relief exercises and/or injury specific exercises)
- Change the task (example: alternate a low-level task with a mid-range task)