

WORKING WISE

HEALTH AND SAFETY SERVICES

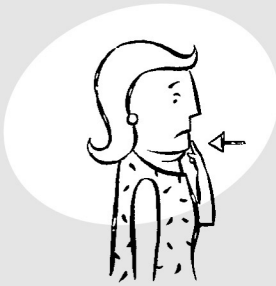
e-mail enquiries@workingwise.co.nz phone (04) 499 0710

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Exercises to Help Prevent and Manage OOS

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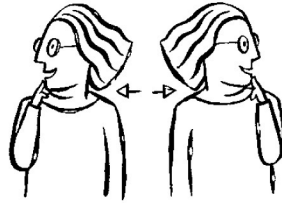
CHIN TUCKS

Push in and hold for
10 seconds

or

Push in and let go
5 times

2



HEAD SIDE TURNS

Push chin in, turn neck
both ways

Repeat 5 times

3



HEAD FORWARD & BACK

Tuck chin in

Drop head forward

Tip head back

4



TRAPEZIUS STRETCH

Turn head 1/4 turn

Hold head with same arm

Bend head forward

5



SHOULDER BRACING

Roll shoulders back

Pull arms away from body

Squeeze shoulder blades together

6



SHOULDER CIRCLES

Pull shoulders up to ears

Roll shoulders backwards

Repeat 5 times

7



SHOULDER BLADES

Draw arm across body

Hold with other arm
above elbow

8



UPPER BACK STRETCH

Link fingers

Arms out in front

Pull arms away from body

9



SHOULDER/NECK STRETCH

Relax shoulders

Tilt head and move arms
the same way

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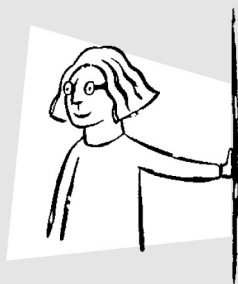
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10



PECTORAL STRETCH

Bend wrist back

Place hand on wall

Stretch feeling should go away in 20 seconds

11



WRIST TURNS

Relax arms

Rotate hands one way then the other

12



WRIST ROLLS

Loose fist, thumbs out

Rotate slowly - take 20 seconds either way

13



FOREARM STRETCH

Straight elbow

Flex wrist down, palm downwards

14



FOREARM STRETCH

Straight elbow

Extend wrist up, palm outwards

15



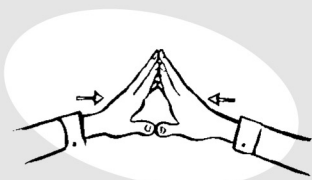
PRAYER STRETCH

Touch palms

Push down

Rotate toward and away from body

16



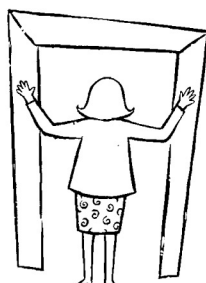
STEEPLE STRETCH

Touch fingers

Fingers wide apart

Push

17

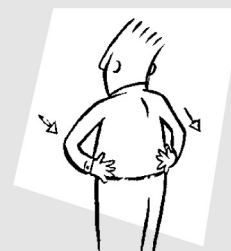


CHEST STRETCH

Arms at right angles in doorway

Lean or step forward

18



CHICKEN WINGS

Tuck wrists on waist

Move elbows back

Relax hands and fingers