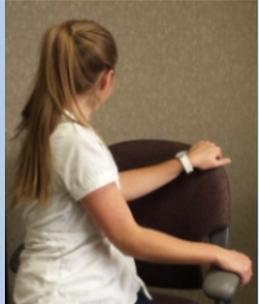


## 10 Simple Stretches

Following are the ten simple stretches for flexibility and injury prevention, which can easily be exercised in a CRNA workplace. For more resources on workplace ergonomics, see [www.AANA.com/Ergonomics](http://www.AANA.com/Ergonomics)

<p>1. <b>Stand up and sit down</b> You might be surprised that this can be a little challenging without using your hands.</p>	
<p>2. <b>Torso Twist</b> Inhale and as you exhale twist to the right grabbing your chair to help increase the twist.  Hold the twist and see how far behind your right shoulder you can see with your eyes.  Repeat this stretch to the left.</p>	
<p>3. <b>Shoulder Shrug</b> Lift your shoulders up to your ears. Hold for three seconds and release.  Repeat this exercise three times.  Also, try slowly moving your head 'yes and no.' By over exaggerating the moves, you get a good neck stretch.</p>	
<p>4. <b>Cross your Arms</b> With your left arm stretched across your torso, grab your left forearm with your right hand.  Keeping the left arm straight gently pull it across your chest with the right hand.  Repeat with the right arm.</p>	
<p>5. <b>Look Up</b> Sitting up tall in your chair, stretch your arms overhead and interlock your fingers.  Turn your palms up toward the ceiling. Tilt your head back lifting your chin in the air as you look up toward the ceiling.  Inhale and exhale a few times and then release.</p>	

## 10 Simple Stretches

### 6. **Air Circles**

With your hands extended in front, or to your sides if there is enough room, clench your fists and make circles in the air with your fists.

Do each direction 10 times and vary the size of your air circles.

### 7. **Wrist Stretch**

With your left hand stretched out in front of you, palm facing down, bend your wrist and point your fingers toward the floor.

Use your right hand to gently pull the fingers of your left hand to increase the stretch.

Repeat with the right hand.

Now, with the left hand stretched out in front of you, palm facing up, bend the wrist and point your fingers up.

Use your right hand to gently pull your hand closer to yourself to increase this stretch.

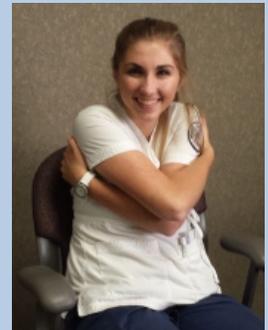
Repeat with the right hand.

### 8. **Big Hug**

Ensure you are sitting or standing erect, give yourself a hug.

Hold this position as you breathe slowly.

Try to increase the area between your shoulder blades upon each exhale.



### 9. **Leg Extensions**

Grab the seat of your chair and extend your right leg straight so that it is parallel to the floor.

Point your toes forward and then flex them back toward yourself five times.

Release your foot back to the floor. Repeat on the left side.

### 10. **Leg Hug**

Sit on the edge of your chair. If it has wheels, make sure it is wedged against a wall or anesthesia machine so it does not roll.

With your feet flat on the floor lean over and bring your chest to your knees.

Give your legs a hug and feel the stretch in your back and shoulders.

*Photos:* Brigham Young University Nursing Students happily demonstrate workplace wellness stretches. AANA Fall Leadership Academy 2016 stretching.