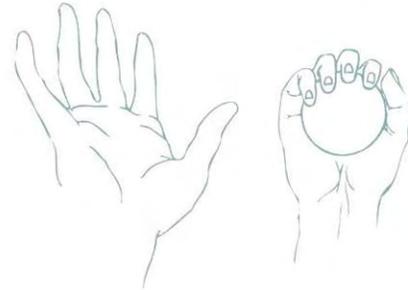


Food Safety and Inspection Service
Wellness Training Program

To strengthen the forearm, the following exercises can be performed:

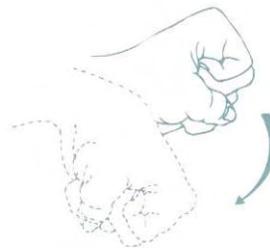
Hand Squeezes

- Place tennis ball in palm of hand
- Gently squeeze the ball, contracting muscles of forearm
- Repeat 8-10 times
- Repeat with other hand



Wrist Curls

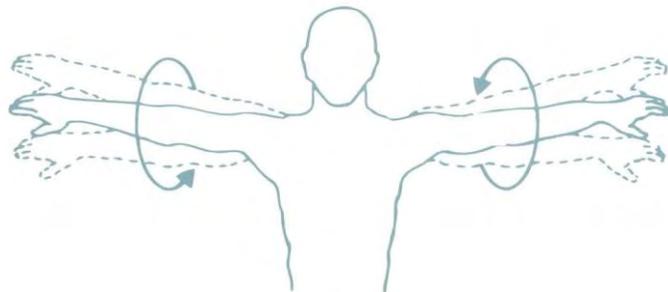
- Make a fist
- Slowly flex and extend wrists
- Perform 8-10 times



While at work, change positions frequently. During breaks, you can relieve stress in the muscles by performing these simple stretching exercises: **(The pelvic tilt exercise from Job Aid One is also good to do during breaks.)**

Range of Motion Exercises

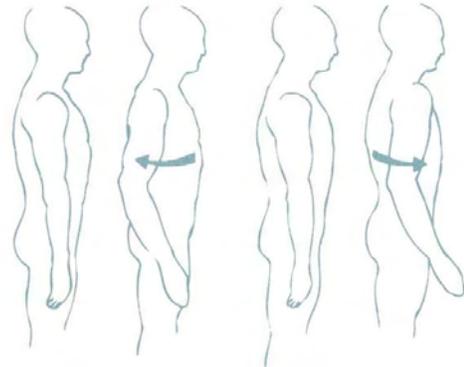
- **Stand in a pelvic tilt**
- Raise arms to the side
- Slowly circle arms forward
- Repeat 8-10 times
- Repeat, circling arms backward



Food Safety and Inspection Service
Wellness Training Program

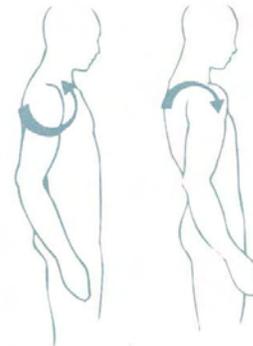
Shoulder Presses

- **Stand in a pelvic tilt**
- Slowly press shoulders backward
- Slowly press shoulders forward
- Repeat 8-10 times



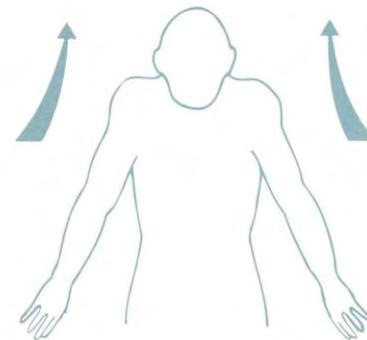
Shoulder Rolls

- **Stand in a pelvic tilt**
- Slowly roll shoulders backward 8-10 times
- Repeat in the forward position



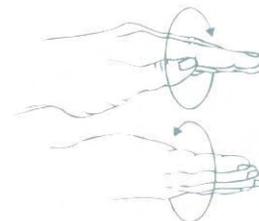
Shoulder Shrugs

- **Stand in a pelvic tilt**
- Slowly bring shoulders toward ears in a shrugging motion
- Slowly return to starting position
- Repeat 8-10 times



Wrist Curls

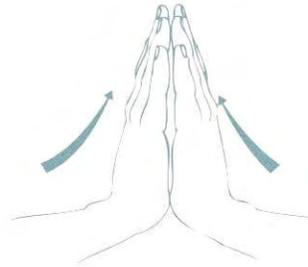
- Circle hands at the wrist 8-10 times
- Repeat in other direction



Food Safety and Inspection Service
Wellness Training Program

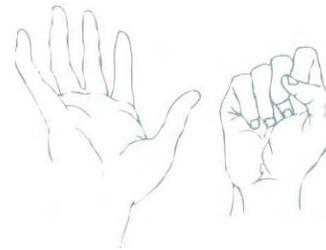
Prayer Stretches

- Place hands together in a prayer position
- Gently press hands together
- Hold for 3-5 seconds
- Repeat 5 times



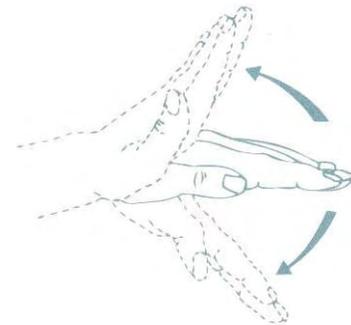
Opening and Closing Fingers

- Gently extend fingers
- Return hand to closed position
- Repeat 8-10 times



Flexing and Extending Wrists

- With hands in neutral position, slowly flex and extend wrist
- Repeat 8-10 times



Job performance and physical exercise may stress the same muscles and joints. Therefore, the combined effects of work, home, and play contribute to Cumulative Trauma Disorders (CTDs). Take the same precautions when performing physical exercise as you do in performing your job.
