

# Stretches

## FOR THE PROFESSIONAL

# Truck Driver



For best results,  
hold each stretch  
for a minimum of  
**45 seconds**

# 1

### Lower wrist

With finger tips up, palm facing away, press fingers against steering wheel gently bending wrist back.



# 2

### Upper wrist

With palm down, hold top of finger tips to steering wheel gently bending wrist down and forward.



# 3

### Shoulder and neck

Anchor arm by holding chair seat. Lift chin up and away from anchored arm



# 4

### Upper arm and shoulder

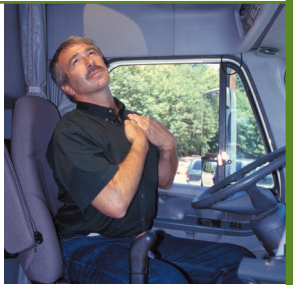
Place fist in the middle of your back then gently lean back against chair.



# 5

### Upper chest and neck

Gently push with both hands on upper chest below shoulder then move head up and away from hands.



# 6

### Back of leg, seat and lower back

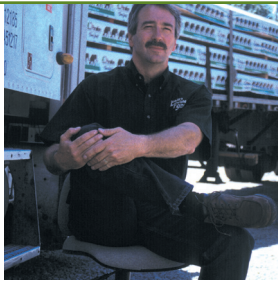
While seated, hold ankle or lower leg with both hands and gently lean forward.



# 7

### Back of leg and seat

While seated, place one ankle on opposite knee. With a straight back, gently pull knee toward chest.



# 8

### Hip

Hold onto truck to stabilize body. Put one leg back. With weight on the back leg, lean into hip.



# 9

### Back of leg and seat

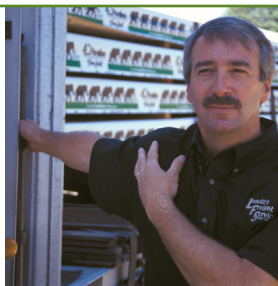
Leaning on truck, put one leg on upper step. With straight back, gently lean body forward.



# 10

### Shoulder front and upper arm

With arm extended and palm forward, grasp truck grab handle. Gently rotate body away from truck.



# 11

### Thigh

Hold on to truck with one hand. On the opposite side bend knee and pull up on ankle or foot with free hand.

