



# YOUR JOB SHOULDN'T BE A PAIN IN THE NECK

## Chair-side warm up and stretching exercises for dental hygienists

### WARM-UP

- Is important to minimize risk of injury
- Is best done at the beginning of the work day
- Is a dynamic mid range movement
- Is performed 4-5 times per movement
- Should always be done on both sides.



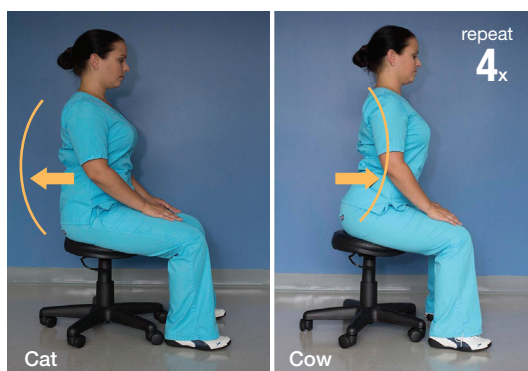
Shoulder shrug up down



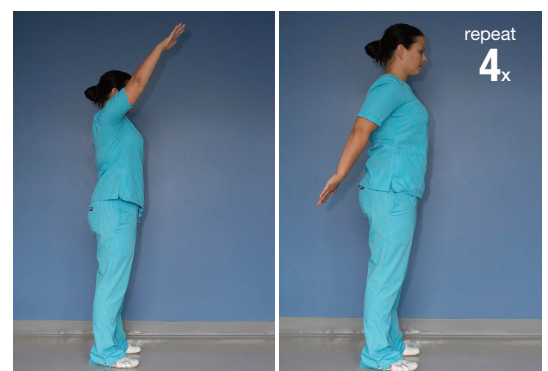
Close – open fist



Gentle pendulum swing of arm out to side (abduction) and across body (adduction)



Cat (round back out – convex) and Cow (round back in – concave)



Gentle pendulum swing of arm forward (flexion) and back (extension)

# STRETCHES

- Are important to minimize the risk of injury
- Should always start in neutral position and ensure proper alignment throughout the stretch
- Are slow and controlled movements to end range
- Are held for 30 seconds at end range
- Should feel like a gentle stretch, not extreme or painful – don't overdo it
- Should always be done on both sides
- Can be done during scheduled breaks, micro-rest breaks and unplanned breaks
- Start every stretch in neutral position.

Consult with your primary healthcare provider prior to beginning any new exercise. Use these exercises at your own risk. Neither the CDHA or CMCC have any liability for injury that may occur as a result of practicing these warm ups and stretches.

## Legend

- B** Beginner
- I** Intermediate
- A** Advanced

Produced by Canadian Memorial Chiropractic College and the Canadian Dental Hygienists Association



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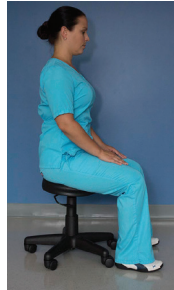


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## Neutral position - seated and standing

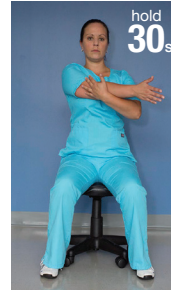


Neutral standing



Neutral sitting

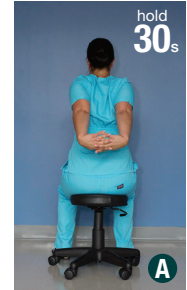
## Shoulder and chest



Arm across chest  
hold 30s

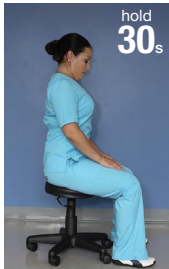


Chest stretch: clasp hands behind back  
hold 30s  
**B**

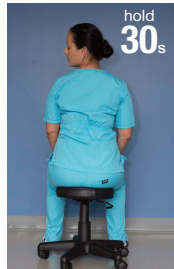


Chest stretch: clasp hands behind back and raise arms  
hold 30s  
**A**

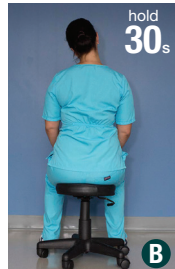
## Neck



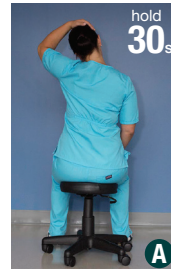
Chin Tuck: pull chin in toward chest and tilt head downwards  
hold 30s



Neck Rotation: turn head to look over one shoulder  
hold 30s



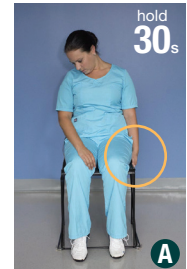
Neck side bend  
hold 30s  
**B**



Neck side bend: with hand resting on head  
hold 30s  
**A**

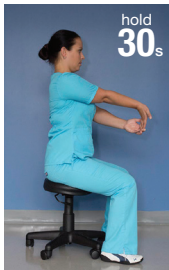


Neck upper back stretch (levator scapula muscle): tilt head down and to side  
hold 30s  
**B**

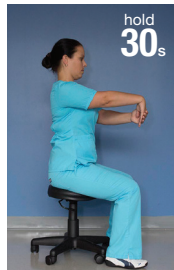


Neck upper back stretch: tilt head down and to side with opposite hand hold  
hold 30s  
**A**

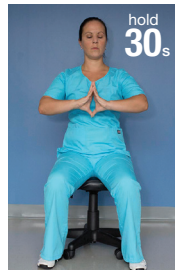
## Wrist and hand



Wrist flexors: straight elbow with palm up  
hold 30s

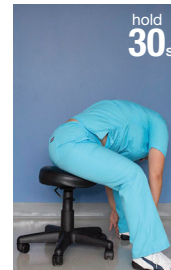


Wrist extensors: straight elbow with palm down  
hold 30s

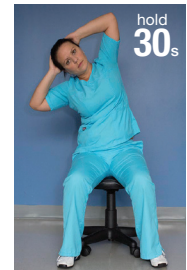


Finger press  
hold 30s

## Lower back

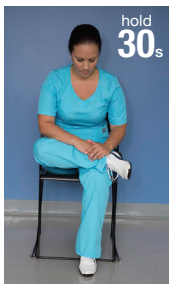


Seated flexion with twist: bend forward and twist to side  
hold 30s

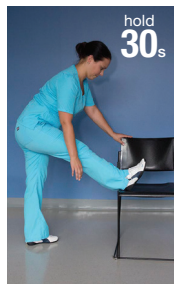


Low back side bend: arms behind head and bend at waist  
hold 30s

## Hips and legs



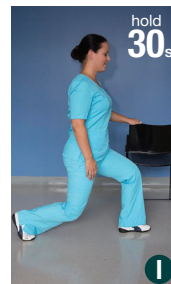
Leg cross: bend forward  
hold 30s



Hamstring stretch: don't lock knee on raised leg  
hold 30s



Front hip flexors: slight knee bend  
hold 30s  
**B**



Front hip flexors: more knee bend towards floor  
hold 30s  
**I**



Front hip flexors: deepest knee bend towards floor, raise arm overhead  
hold 30s  
**A**