

  **Quick Stretches for Dental Staff**

Stretches should be performed throughout the day for about 10 seconds each in a slow and steady manner.

**Up and Over**



**Help for My Aching Back!**



**Crack a Walnut**



**Lift Back**



**Spinal Twist & Variation**



**The All Important Thumb**



**Roll Down**



**Open & Close**



**Ear to Shoulder Rainbow**



**Ear to Armpit and Chin to Chest**



**Wrist Relaxer**



Compliments of the Duke Ergonomics Program (919-668-ERGO) and Jill Kagan, RDH, M.Ed., The Mindful Body Expert at JillKagan.com