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.

Resources

Special thanks to Terry Leavitt, Leavitt’s Freight Service

Based on techniques developed by Exercise Therapist, Tom Garger, BA

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