Stretches for Truck Drives – Torso, Arms & Calves

Never perform stretches while operating vehicle. Stretching should be slow and controlled movements. Always stretch to a level of comfort only. Hold each stretch for a slow count of 10. Never bounce, jerk, or cause pain while stretching. If you have any health concerns that may limit your ability to safely perform stretching exercises, consult your physician before participation in a stretching program.

Upper Back & Shoulder – This stretch can be completed standing in your sleeper or outside of your truck on firm level ground.
- Reach your arm across body. Using your other hand, gently pull elbow toward you. You will feel stretching in the back of your shoulder and your arm.
- Repeat with other arm.

Chest & Arm – Standing in your sleeper or outside of your truck on firm level ground.
- Begin with an outstretched arm. With your palm facing away from you, place your hand against a sturdy object.
- Gently turn your shoulders away from your outstretched arm. You will feel stretching in your chest and arm. Repeat with other arm.

Side & Arm – Standing in your sleeper or outside of your truck on firm level ground.
- Stand as tall as possible with your back straight and shoulders back.
- Reach both hands above your head as tall as possible. With your right hand grab your left wrist.
- While holding your wrist, gently lean to your right. You should feel stretching on your side and upper arm.
- Repeat with other arm, with your left hand grab your right wrist and gently lean to your left.
Shoulder & Neck - Grab the seat pan between your legs. Raise shoulder and back away from your hand holding the seat while looking over your opposite shoulder. You should feel stretching on the top of your shoulder and the side of your neck. Repeat with other arm.

Back, Arm & Shoulder – Place your fist behind your back against the seat. Gently lean back against your hand. You will feel stretching in the front of your shoulder, upper arm, and your back. Repeat with other arm.

Calves – While sitting in your seat, place feet flat on the floor with your legs at a 90 degree angle. Raise your heels off of the floor, flexing your calf muscles. Repeat 3-5 times.
**Calves** – While standing, steady yourself by holding on to your seat. Place feet flat on the floor with your legs at a 90 degree angle. Raise your heels off of the floor, flexing your calf muscles. Repeat 3-5 times.

**Chest, Shoulders & Calves** – Stand facing your cab, trailer or a solid surface. Place your hands on the cab shoulder-width apart. Keeping your knees straight, lean forward against your cab as if you were doing a push-up. Keep your head, back, hips and legs in a straight line. You will feel stretching in your chest, shoulders and calves.