Stretches for Truck Drivers – Upper Extremities

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.

**Wrist & Forearm** – Begin with an outstretched arm. With your fingertips up and palm facing away, gently press against the steering wheel. You should feel stretching in your inner wrist and forearm. Repeat with other hand.

**Wrist & Forearm** – Begin with an outstretched arm. With your fingertips down and palm facing toward you, gently push the back of your hand toward you. You will feel stretching on the top of your wrist and forearm. Repeat with other hand.

**Wrist & Forearm** – Begin with an outstretched arm. With your fingertips down and palm facing away, gently press against the steering wheel. You should feel stretching in your inner wrist and forearm. Repeat with other hand.

Complete sequence of stretches then repeat sequence 3 times.