

Stretches

Parcel Delivery Driver

Sitting in one position, such as driving to your delivery location, can lead to muscle tightness or discomfort. Taking time to alternate your position by warming up and stretching will improve your blood flow and help reduce discomfort.

Download and print this document and place it in the designated location of your vehicle. This poster will serve as a reminder to alternate your position and stretch during the day.



2-IN-1 CALF STRETCH

Place one leg with the knee straight behind you, and the other leg forward with the knee slightly bent. Keeping your heels on the ground, lean forward until you feel a stretch in your calf or lower leg. Each position stretches a different calf muscle, so you may feel a stretch on one leg more than the other. Hold 15-30 seconds. Repeat 3-5 times. Alternate legs, and repeat the stretch.



HAMSTRING STRETCH

With your foot on an elevated surface (like the running board) and keeping your knee straight, bend forward at the hip until you feel a gentle stretch on the back of your leg. Hold 15-30 seconds. Repeat 3-5 times on each leg.



CHEST STRETCH

With one hand on the vehicle and your elbow close to your side, turn your body and feet away from the vehicle until you feel a gentle stretch in your chest muscles. Hold 15-30 seconds. Repeat 3-5 times on each arm.



SHOULDER STRETCH

With both hands raised as shown, bring your shoulders back and down as if putting your elbows into your back pockets. This will stretch the chest and shoulders, but also strengthen your mid back. Hold 15-30 seconds. Repeat 3-5 times.

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