

Sleep Positioning & Basic Stretching

Presented by Fred Garcia, PT

Welcome & Overview

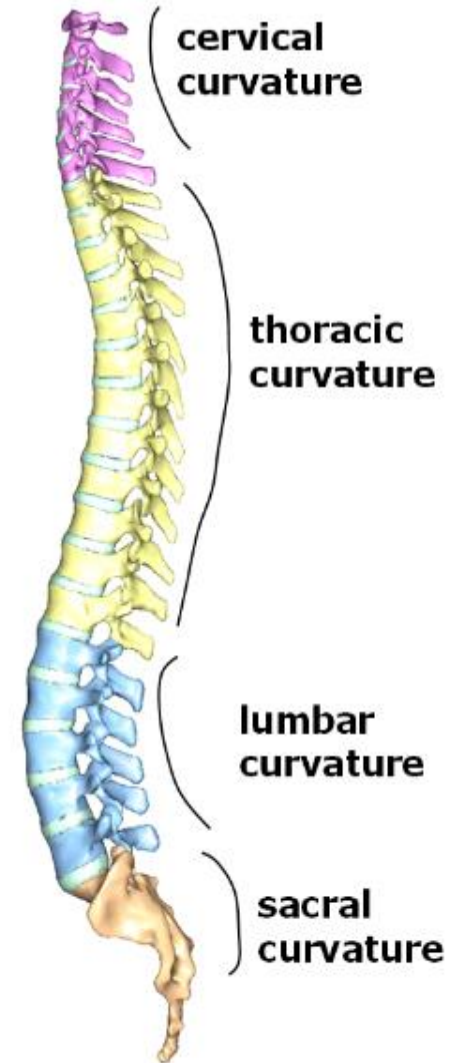
- ▶ Physical Therapist for ALMOST 30 years...
- ▶ Expectations:
 - ▶ Have fun
 - ▶ Learn something (not everything)
 - ▶ Ask questions

Welcome & Overview for Sleep Positioning

- ▶ **Ideal positions to promote hip, shoulder & spinal alignment**
- ▶ **"Positions to avoid to eliminate joint impingement & undue stress to the musculoskeletal system.**
- ▶ **Q & A Session**

Ideal Positions...

- ▶ Unique shape and design that needs to be supported properly as we rest
- ▶ In addition, there simple and practical ways to eliminate undue joint stress to the hips and shoulders.



Ideal Positions... (cont'd)

▶ General recommendations:

- ▶ Firmer mattress generally supports the spinal column best
- ▶ No matter the sleeping position, support the natural curvature of the spine.

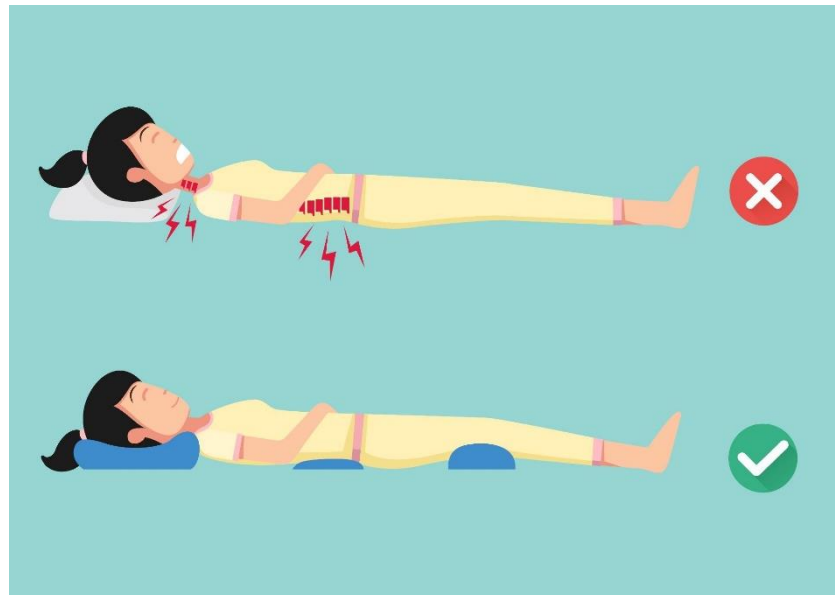


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Ideal Positions... (cont'd)

► Options Include:

- A towel rolled up to support the neck
- Pillow under the knees if laying on back
- Pillow between knees to take stress off of the hips
- Pillow to support the shoulder of the side sleeper

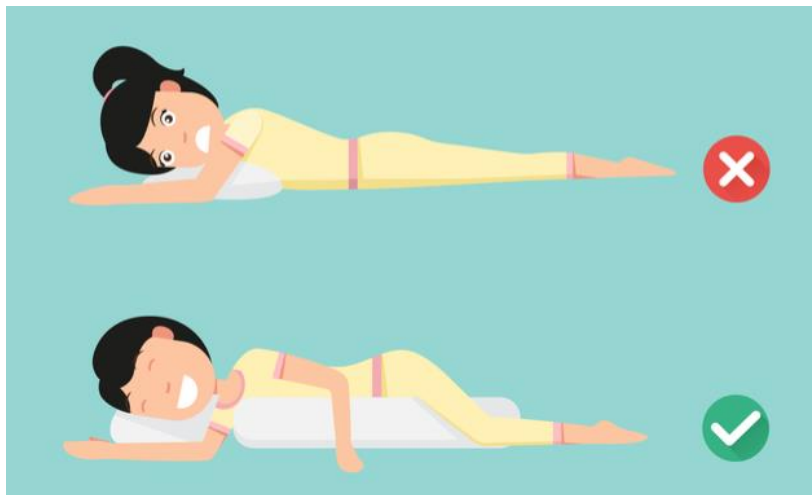


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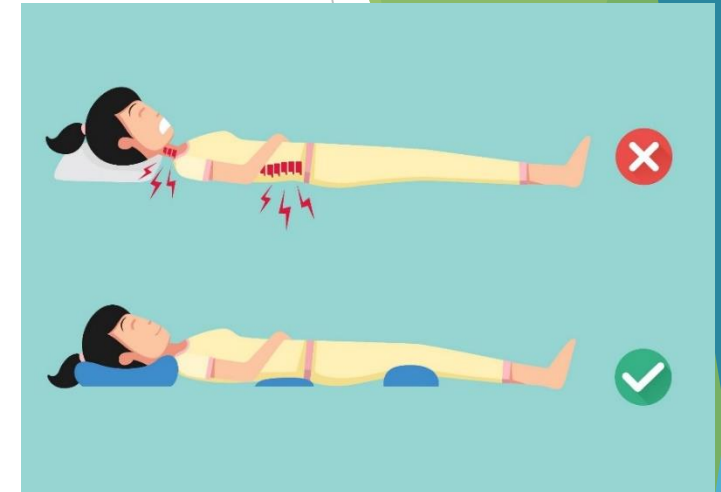


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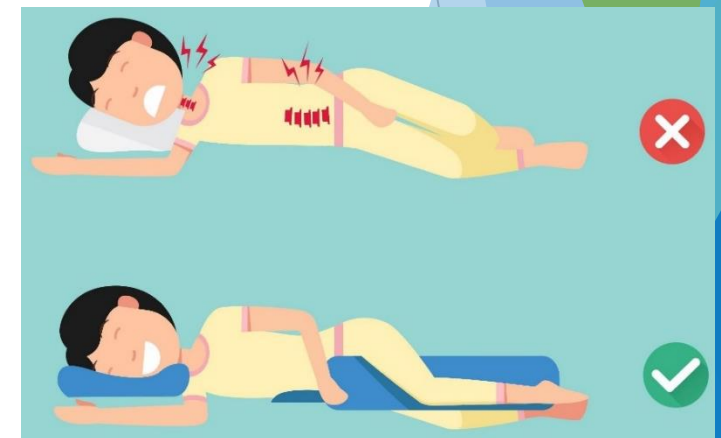


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Ideal Positions... (cont'd)

▶ Best Pillow to buy...

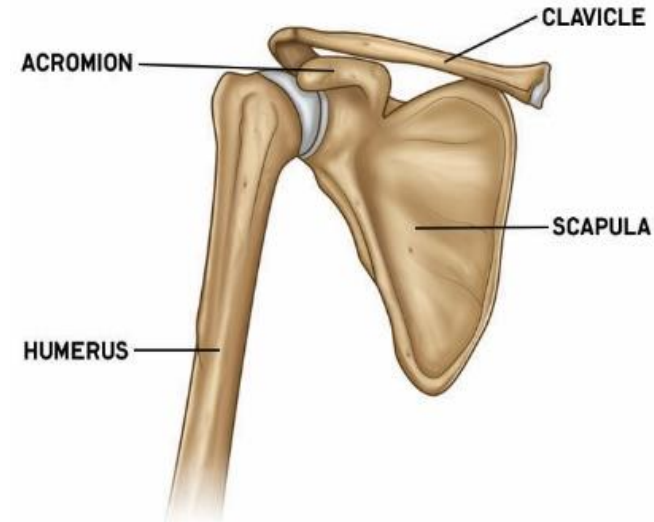
- ▶ Yes... that one!
- ▶ While there are general similarities to the human body we are all as individual and unique as our fingerprints
 - ▶ Bottom line...it will take some trial and error to find what works best for you.

▶ Types to try:

- ▶ Full body pillows great between knees and under top arm
- ▶ Neck contoured pillows
- ▶ Create your own with rolled up towel(s) inside pillow case...

Positions to avoid...

- ▶ Sleeping with arms overhead can create impingement & dysfunction at the shoulder
- ▶ Sleeping on belly with head fully turned to end range can create pain, stiffness, inflammation of joints. Not the best position in general, but can be mitigated with pillows and limiting time on your belly.

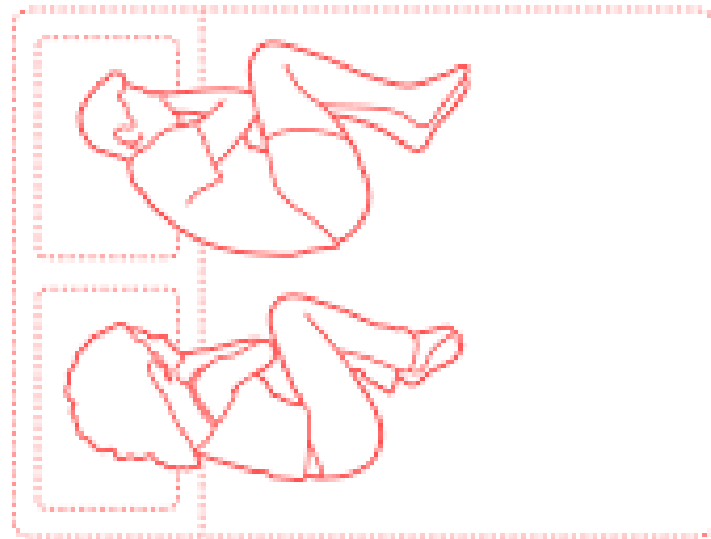


Positions to avoid... (cont'd)

- ▶ **Sitting up.**
 - ▶ The spine in particular needs time to be unweighted and sleeping in a seated position does not allow discs and joints the proper rest they need thus potentially leading to breakdown.
 - ▶ In addition, the heart works harder in this position. We need to be horizontal during rest whenever possible to allow the heart a chance to rest and better distribute blood-flow and oxygen throughout the body.

Positions to avoid... (cont'd)

- ▶ Fetal position (pulled in tight). For proper rest and rejuvenation of the joints avoid fully flexed positions which can lead to inflammation, bulging discs and premature breakdown.



Sleep Positioning Conclusions...

- ▶ Good sleep is vital to our physical, mental, emotional and spiritual well being
- ▶ If you are not getting good rest do not hesitate to consult with your family physician.

Basic Stretching

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Welcome & Overview (cont'd)

- ▶ **STRETCHING BASICS**
 - ▶ Why stretch?
 - ▶ How to apply
- ▶ **MAJOR MUSCLE GROUPS**
- ▶ **Q & A Session**

Stretching Benefits



- ▶ Decreases tension in tight muscles
- ▶ Improves circulation in tissues that were just stressed
- ▶ Makes it easier to assume better postures
- ▶ Prevents stress on muscles, tendons, nerves, etc. caused by tightness or abnormal postures
- ▶ Assists with injury prevention with work, normal household activities, heavier chores and all types of exercise

Stretching Basics

- ▶ Should be completed throughout the workday and at home upon arrival after work, while being active or when resting
 - ▶ Considered “industrial athlete” so prepare and recover like professional athlete such as baseball pitcher
- ▶ Must be held a minimum of 15 actual seconds (**someone ask me, why?**) but shorter durations can be used as a posture reversal technique
- ▶ Typically repeated several times within a session if time allows but single stretch can still be effective, especially as a posture reversal technique
- ▶ Rest time is necessary between stretches so alternate between sides for the same stretch or alternate between two different stretches on same side
- ▶ Stop at a strong, comfortable stretch
 - ▶ “No pain, No gain” DOES NOT APPLY

STRETCH for Safety

1 Backward Arm Circles

- Range of motion as tolerated
- Start slowly and small range
- Gradually increase speed and size of circles as desired
- Complete for 30 seconds
- Prefer being done in standing position but sitting allowed
- Avoid pain
- Only done backwards to reinforce good posture



STRETCH for Safety

2 Leg Swings

- Start slowly and increase gradually
- May hold on to object for balance
- Use hand opposite stance leg
- Stand on left leg while you swing right leg and left arm forward as far as comfortable
- Come to controlled, brief stop
- Now swing right and left arm backward as far as comfortable
- Keep alternating forward and back for 15 seconds
- Stand on right leg and swing left leg with right arm for 15 seconds



Reducing Work Related Sprains and Strains

STRETCH for Safety

3 Shoulder Stretch

- Keep shoulder down and pull left arm across your chest at shoulder height
- Pull towards you to get stretch on the back of the shoulder and hold for 15 seconds
- Relax and perform same stretch on right arm for 15 seconds
- Alternate sides until you complete 2 repetitions on each side
- Be sure not to cause any pain or pinch in the front of or on the top of the shoulder
- If a pain or pinch occurs prior to feeling a stretch, then try the same stretch at a lower height as pictured above
- Always do the stretch at the highest possible position that avoids any pinch or pain



STRETCH for Safety

4 Wrist Extensor Stretch

- Place one arm directly in front of you with the palm down and the elbow fully straight
- Take other hand and push down on the back of the hand to produce stretch on the top of the forearm
- Hold 15 seconds. Relax. Switch sides.
- Alternate until you have completed 2 repetitions on each side
- To increase stretch intensity or avoid wrist pain, rotate the straight arm so fingers point outward
- Take other hand and push to bend the wrist and produce stretch on the top of the forearm
- Hold 15 seconds. Relax. Switch sides.
- Alternate until you have completed 3 repetitions on each side



Reducing Work Related Sprains and Strains

STRETCH for Safety

5 Wrist Flexors Stretch

- Place one arm directly in front of you with the palm down and the elbow fully straight
- Use other hand to grasp palm and fingers then pull up until stretch is felt on bottom of forearm
- Hold 15 seconds. Relax. Switch sides.
- Alternate until you have completed 2 repetitions on each side
- To increase stretch intensity, start with palm up then use other hand to grasp palm and fingers to pull down towards floor for forearm stretch
- Hold 15 seconds. Relax. Switch sides.
- Alternate until you have completed 3 repetitions on each side



Reducing Work Related Sprains and Strains

STRETCH for Safety

6 Neck Stretch

- Keep torso upright with right arm relaxed at side
- Turn head to left and downward moving nose to left armpit
- Stop prior to feeling a sharp pinch or any pain in neck
- Pause briefly or hold position up to 15 seconds
- Slowly return to upright and briefly look straight ahead
- Repeat to other side, 2 repetitions each side
- Can perform seated



STRETCH for Safety

7 Back Rotation

- May be done seated or standing
- Put arms across chest, or on hips
- Start slowly and determine your comfortable range of motion
- Rotate upper body to right
- Pause briefly at end of range
- Now rotate upper body to left
- Keep alternating for 30 seconds
- Maintain slow speed to avoid pain



Reducing Work Related Sprains and Strains

STRETCH for Safety

8 Puff Chest/Tuck Chin

- Interlock fingers behind your back with palms together
- Keep shoulders down as you squeeze shoulder blades together
- Pull head straight back, keeping jaw & eyes level until a stretch is felt in the back of the neck
- Keep upright posture and maintain shoulder position while you raise hands up as far as possible
- Hold 15 seconds then relax arms to your sides
- Repeat 2 times



STRETCH for Safety

Posture Reversal Option – Nerve Glide

- Keep shoulders down and point arms at downward angle towards floor with palms facing forward
- Pull shoulders back and down then draw arms back as far as comfortably possible
- Gently pump hands forward and back up to 20 times for arm stretch including the median nerve which is associated with carpal tunnel syndrome



Posture Reversal Option - Back Stretch

- Place hands on hips
- Lean upper body back to increase the arch in your lower back while lifting chin towards the ceiling
- Hold up to 15 seconds
- Return to normal standing position looking forward
- Repeat as desired



Reducing Work Related Sprains and Strains

STRETCH for Safety

Chest/Biceps Stretch

- Interlock fingers behind your back with palms together
- Keep shoulders down as you squeeze shoulder blades together
- Keep upright posture and maintain shoulder position while you raise hands up as far as possible
- Hold 15 seconds then relax arms to your sides
- Repeat 3 times



Posture Reversal Option - Hand Stretch

- Spread hands open as far as possible and place tips of fingers together in front of chest/stomach
- Push fingers towards each other as far as possible while keeping palms apart and point thumbs towards floor
- Hold up to 15 seconds then relax but keep fingertips together
- Now point thumbs up towards ceiling and push hands back together for up to 15 seconds
- Alternate between thumbs up and thumbs down as time allows



Hamstring Stretch

- ▶ Take step forward with one leg or place up on step
- ▶ Point front toes up towards ceiling
- ▶ Lean forward bracing with both hands on thigh of forward leg
- ▶ While keeping back straight, bend knee of back leg and drop hips till feel a stretch in the back of the front thigh
- ▶ Hold 15 seconds
- ▶ Alternate sides and repeat 2-3 times on each side



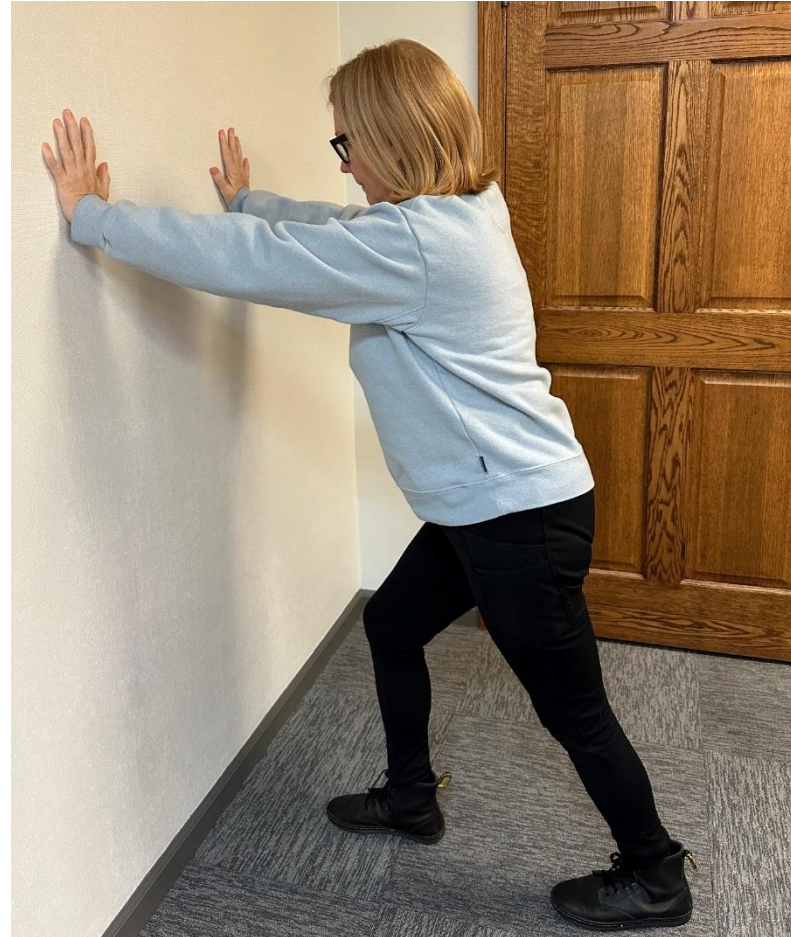
Stretching Option in Sitting

- ▶ Sit on front edge of your chair and bend one knee placing foot flat on floor
- ▶ Put opposite leg straight out in front of you with knee slightly bent to prevent knee pain
- ▶ Keep back straight and lean torso directly forward to produce stretch on back of thigh for 15 seconds
- ▶ Alternate legs, hold 15 seconds
- ▶ Repeat 2-3x each side



Calf Stretch

- ▶ Keep back leg straight with heel on floor & turned slightly outward
- ▶ Lean into wall until stretch is felt in the calf region
- ▶ Hold 15 seconds
- ▶ Alternate sides and repeat 2-3 times on each side



Thank you for your
time and attention!

Any Questions?