



Saint Paul College Culinary Stretching Guide

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Radial-Ulnar Pronation (5-10 reps)

1. Sit or stand with elbow bent at 90 degrees and held against the side of the body.
2. Rotate your hand so the palm is facing downward.
3. Use the free hand to grab above the wrist and assist the stretch.

Key: Grab above the wrist to avoid straining a wrist ligament.

Radial-Ulnar Supination (5-10 reps)

1. Sit or stand with elbow bent at 90 degrees and held against the side of the body.
2. Rotate your hand so the palm is facing upward.
3. Use the other hand to grab above the wrist and assist the stretch.

Wrist Extension Prone (6-10 reps)

1. Hold your arm out with elbow straight and palm facing downward.
2. Exhale and extend the wrist and fingers backward (up) as far as possible.
3. Place your free hand over the entire palm of the stretching wrist and gently assisting the stretch.

Key: If the fingers bend forward toward the palm, this stretch will not be effective.

! This stretch is great for repetitive motion.

Wrist Extension Supine (6-10 reps)

1. Hold your arm out with elbow straight and palm facing upward.
2. Exhale and extend the wrist and fingers backward (down) as far as possible.
3. Place your free hand over the entire palm of the stretching wrist and gently assisting the stretch.

! This stretch is great for repetitive motion.

Wrist Flexion (6-8 reps)

1. Extend your arm with a fully extended elbow and palm downward.
2. Exhale and bend the wrist downward.
3. Assist the stretch using the free hand on the back of the stretching hand.

Wrist-Finger Extensor Stretch (5 reps)

1. Extend your arm with a fully extended elbow make a fist (palm down).
2. Bend the wrist/hand downward.
3. Assist the stretch using the free hand on the fist.

Key: Twist your wrist inward 45 degrees to provide extra stretch for the ring and fifth finger.

Wrist-Radial Flexion (1-2 sets of 5-8 reps)

1. Extend your arm with a fully extended elbow. Can be palm up or down.
2. Exhale and twist the wrist toward the thumb side of the hand. Stretch is on the fifth finger side of the wrist/hand.
3. Assist the stretch using the free hand.

Key: This stretch can be done with the wrist flexed and extended at 20 degrees for a more complete stretch.

Wrist-Ulnar Flexion (1-2 sets of 5-8 reps)

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Finger Flexor Stretch (1-2 sets of 5 reps)

1. Flex your wrist and then flex a single finger and assist the stretch with the free hand. Plam can face up, down or sideways.
2. Repeat for the remaining fingers.

Key: Enhance this exercise by flexing each finger in and away from the adjoining finger.

Finger Extensor Stretch (1-2 sets of 5-8 reps)

1. With a straight elbow, extend the wrist and fingers back.
2. Assist the stretch by grabbing all four fingers with the free hand.

Key: Do this exercise both palm up and palm down.

Finger Web Stretch (1-2 sets of 5 reps)

1. Spread your fingers apart.
2. Grab the finger with your free hand and pull away from the adjoining finger.
3. Repeat for the remaining fingers.

Thumb Web Stretch (1-2 sets of 5 reps)

1. Spread thumb away from second finger.
2. Grab the thumb with your free hand and pull away from the adjoining finger.

Thumb Adductor and Abductor Stretches (1-2 sets of 5 reps)

1. Spread thumb away from second finger.
2. Move the thumb toward the palm of the hand.
3. Grab the thumb with your free hand and assist it toward the palm.
4. Move thumb toward the back of the hand.
5. Grab the thumb with your free hand and assist it toward the back of the hand.

Thumb Flexor Stretches (1-2 sets of 5 reps)

1. Press your thumb into the palm of your hand and wrap the other four fingers around the thumb to form a fist.
2. Extend your arm/elbow.
3. Bend your wrist so the fifth finger is moving toward the wrist.

Cervical Flexion (5-10 reps)

1. Press your chin into your neck.
2. Flex your head forward.
3. Place a hand on the back of the head to assist the stretch.

Key: Engage your abs and pull your shoulder blades back to optimize the stretch.

Cervical Hyperextension (5-10 reps)

1. While seated, lean forward.
2. Tilt your head backward.
3. Place two hands near the jaw to push up and assist the stretch.

Key: Engage your abs and pull your shoulder blades back to optimize the stretch.

! Close your mouth to avoid stress on the jaw.

Cervical Lateral Flexion (5-10 reps)

1. Move your head down toward the right shoulder.
2. Exhale as you reach the end of your range of motion.
3. Place the right hand on the top of the head to assist with the stretch.
4. Repeat for the other left side.

Key: Engage your abs and don't allow your left shoulder to drift upward to optimize the stretch.

Oblique Neck Flexion (5-10 reps)

These stretches will be the same as the lateral flexion stretch except the direction of the stretch will be at 45 degree angles to the shoulder line; front left, front right, back left, back right. Use the hand on the same side as the stretch (left or right).

Shoulder Flexibility Check

1. Make fists with both hands.
2. Reach behind the head/neck with one of the arms/fists.
3. Reach around behind the back with the other arm/fist.
4. Bring the fists as close together as you can.
5. Check the spacing between the fists

Separation	Result
1 fist width or less	Excellent
1 to 2 fist widths	Good
More than 2 fist widths	Focus on shoulder flexibility

Key: You'll need a partner to check the spacing between your fists.

Scapular Stabilization ITYW (10-12 reps)

1. Extend your arms forward with palms facing forward.
2. Reach upward while exhaling and pulling shoulder blades together (hold for 2 seconds) (I position).
3. Return to start position.
4. Reach horizontally while exhaling and pulling shoulder blades together (hold for 2 seconds) (T position).
5. Return to start position.
6. Reach upward at a 45 degree angle while exhaling and pulling shoulder blades together (hold for 2 seconds) (Y position).
7. Return to start position.
8. Reach downward at a 45 degree angle while exhaling and pulling shoulder blades together (hold for 2 seconds) (W position).

Key: Engage your abs during this exercise to strengthen your core.

Shoulder Hyperextension (1-2 sets of 5-10 reps)

1. With elbows extended, reach behind your back and clasp your hands together with palms facing down/back.
2. Keeping your elbow extended, reach your arms up and away from your body as far as you can and hold.

Bicep Stretch (1-2 sets of 5-8 reps)

1. Extend your arm with your elbow at your side, with the palm facing out.
2. Keeping your elbow near your side, bring the arm back as far as you can.

Shoulder Horizontal Flexion (5-10 reps)

1. Extend your arm horizontally with thumb pointing up.
2. Exhale and swing arm toward opposite shoulder, keeping the elbow extended. Use the opposite hand/arm to assist the stretch.
3. Do half of the set with thumb pointing upward and the rest with thumb pointing downward.

Key: Make sure the shoulder being stretched doesn't cheat forward which will minimize the effectiveness of the stretch.

Bent Knee Trunk Flexion (1-2 sets of 5-10 reps)

1. Sit in a chair with your knees apart.
2. Bend forward as you exhale and engage your abs.
3. Use your hands to grab the chair legs to assist the stretch.

Seated Trunk Rotation (1 or 2 sets of 5)

1. Sit all the way back in the chair with legs apart.
2. Place one hand on the outside of the opposite thigh and bring the other hand around the back of the chair.
3. Rotate at the trunk using your hands to assist.
4. Repeat for the other side.

Thoracic Lumbar Rotation (1 or 2 sets of 5)

1. Sit forward in a chair with feet spread and hands locked behind your head.
2. Rotate side to side, holding each end point for 2-3 seconds.
3. Lean forward and move each elbow toward the opposite knee (this will look/feel like a traditional sit-up).

Upper Trunk Extension (5-7 reps)

1. Stand with a slightly forward lean.
2. Slowly lean backward at the trunk as far as possible.

! Skip this exercise if you have any disk or spinal issues.

Hip Rotators (6-8 reps)

1. Stand and raise one leg approximately 12-18 inches from the ground.
2. Rotate the hip out using the hand on the raised leg side to assist the stretch.
3. Repeat for the other leg.

! Use the opposite hand to hold or touch a table or wall for stability if needed.

Quadriceps Stretch (6-8 reps)

1. Stand and bend one knee.
2. Grab the foot of the bent knee and lightly pull to assist the stretch. Pull the foot slightly toward the centerline of your body to prevent knee pain.
3. Repeat for the other leg.

! Use the opposite hand to hold or touch a table or wall for stability if needed.

Key: Engage your abs to prevent your back from arching and minimizing the stretch.