YOUR JOB SHOULDN’T BE A PAIN IN THE NECK
Chair-side warm up and stretching exercises for dental hygienists

WARM-UP

- Is important to minimize risk of injury
- Is best done at the beginning of the work day
- Is a dynamic mid range movement
- Is performed 4-5 times per movement
- Should always be done on both sides.

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• Are important to minimize the risk of injury
• Should always start in neutral position and ensure proper alignment throughout the stretch
• Are slow and controlled movements to end range
• Are held for 30 seconds at end range
• Should feel like a gentle stretch, not extreme or painful – don’t overdo it
• Should always be done on both sides
• Can be done during scheduled breaks, micro-rest breaks and unplanned breaks
• Start every stretch in neutral position.

Consult with your primary healthcare provider prior to beginning any new exercise. Use these exercises at your own risk. Neither the CDHA or CMCC have any liability for injury that may occur as a result of practicing these warm ups and stretches.

Legend

B Beginner
I Intermediate
A Advanced

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