EMPLOYEE WELLNESS

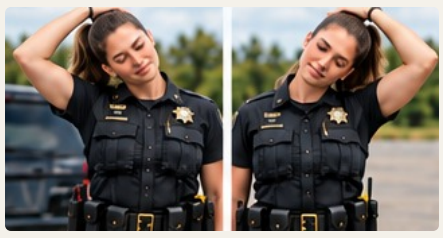
STEARNS COUNTY SHERIFF'S OFFICE

PATROL OFFICER

5–10 minute stretch routine.

WHERE & WHEN

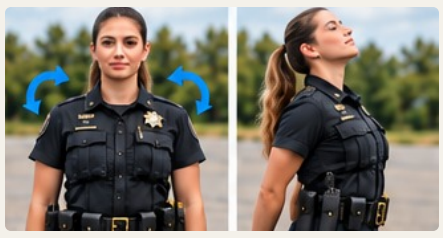
IN THE SEAT · AT THE VEHICLE · ON BREAK · BEFORE & AFTER SHIFT



01 Neck Stretches

1 MIN

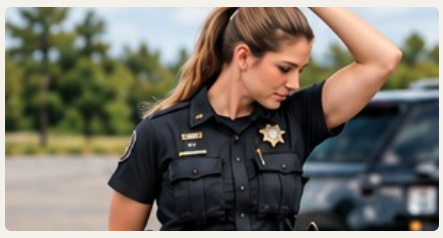
- Gently tilt your head to one side, hold 15 seconds.
- Tilt to the other side, hold 15 seconds.
- Slowly rotate head side to side, 5 each way.



02 Shoulders + Chest

1 MIN

- Roll shoulders forward 10 times, then back 10 times.
- Clasp hands behind back, gently lift and open chest.
- Hold 15–20 seconds.



03 Upper Trap Stretch

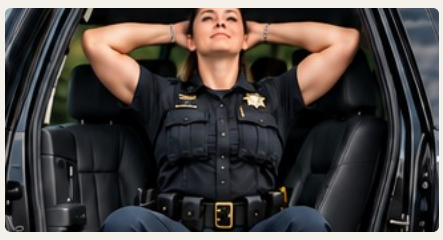
1 MIN

- Sit or stand tall.
- Place hand on top of your head and gently pull to the side.
- Keep opposite arm behind back. Hold 20–30 seconds each side.

04 Seated Figure 4

1 MIN / SIDE

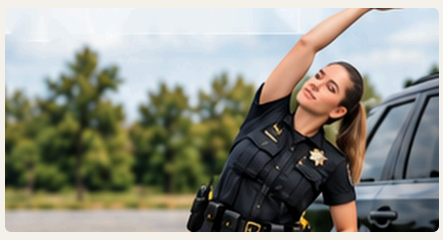
- Sit tall in your seat. Cross one ankle over opposite knee.
- Place hand on opposite knee and gently press.
- Keep chest up, hold 20–30 seconds each side.



05 Thoracic Extension

1 MIN

- Sit tall in your seat, hands interlaced behind head.
- Gently lift chest and look up.
- Keep lower back supported. Hold 5 seconds, repeat 5–10 times.



06 Side Reach

1 MIN / SIDE

- Stand tall, feet shoulder-width apart.
- Reach arm overhead and lean to the side.
- Keep hips facing forward. Hold 20–30 seconds each side.

07 Hip Flexor Stretch

1 MIN / SIDE

- Step one foot forward, other knee down.
- Keep torso tall and hips forward.
- Gently squeeze glute on back leg. Hold 20–30 seconds each side.

08 Hamstring Stretch

1 MIN / SIDE

- Place heel on bumper or step (soft knee).
- Hinge at hips, keep back flat, reach toward toes.
- Hold 20–30 seconds each side.

09 Calf Stretch

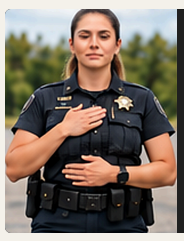
1 MIN / SIDE

- Place hands on vehicle, step one foot back.
- Keep back leg straight and heel down.
- Lean forward until stretch is felt. Hold 20–30 seconds each side.

10 Lower Back Reset

1 MIN

- Stand tall, hands on hips.
- Gently arch back and look up.
- Hold 5 seconds, repeat 5–10 times.



4 IN
2 HOLD
6 OUT

+ Deep Breathing

FINISH · 1 MIN

- Inhale through your nose for 4 seconds.
- Hold for 2 seconds.
- Exhale through your mouth for 6 seconds.
- Repeat 3–5 times.

QUICK TIPS

- Do this routine during breaks, before/after shifts, or anytime you feel stiff.
- Modify as needed based on space and gear.
- Move slowly and breathe.
- **Even 5 minutes makes a difference.**

FOR MORE FITNESS & MOBILITY GUIDANCE, CONTACT

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SCAN TO SAVE
Get this on your phone

Stop any stretch that causes pain. Check with your doctor if you have an injury.