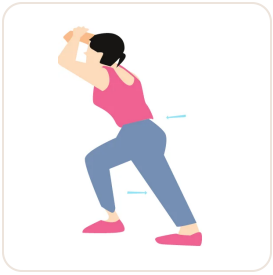
Stretch Minute

stretchminute.com

6 stretches for nurses after a 12-hour shift

About 5 minutes | 6 stretches | Standing | uses a wall

When: After a shift, on a break, or before the drive home. Move slowly into each stretch and breathe; a gentle stretch is enough.



1. Calf Stretch

20 s each side

Face a wall, one foot back with the heel down and the knee straight. Lean in until your calf stretches.



2. Standing Quad Stretch

20 s each side

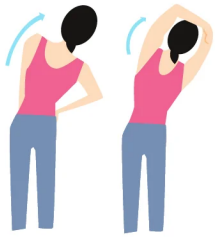
Stand tall, holding a wall if you need to. Bend one knee and draw the heel toward your seat.



3. Standing Outer Hip Stretch

20 s each side

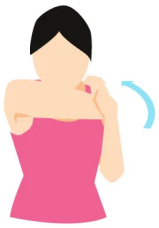
Cross one foot over the other. Push the back hip out to the side and lean away from it.



4. Standing Side Bend

20 s each side

Feet hip-width apart. Raise one arm and bend gently to the opposite side without leaning forward.



5. Cross-Body Shoulder Stretch

20 s each side

Bring one arm across your chest. Use the other hand to press it gently toward you.



6. Chin to Chest

25 s

Sit or stand tall. Place a hand behind your head and gently guide your chin toward your chest.

Days done

	M	T	W	T	F	S	S
Week 1							
Week 2							

Do it guided, free

Scan to open "Nurses" in the Stretch Minute app, with a timer and voice guidance.

stretchminute.com/r/nurses

Stretch gently and stop if anything hurts. Stretch Minute is not medical advice. If you are injured, pregnant or have a medical condition, check with a doctor first.

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