

TRUNK AND LOW BACK

Sidebend

- Feet shoulder width apart, arms at side.
- With one hand, reach up overhead and **s-l-o-w-l-y** lean towards opposite side. Keep both feet flat on ground.
- Hold for 3-5 seconds.
- Return to starting position and repeat twice on each side.



Backbend

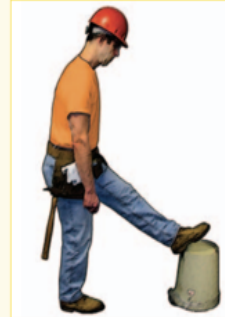
- Feet shoulder width apart, hands on hips.
- Looking straight ahead (don't throw your head back) **s-l-o-w-l-y** and gently bend backwards.
- Caution—You should feel tension, not pain in the low back.
- Hold for 3-5 seconds and don't hold your breath.
- Return to starting position and repeat three times.



LEGS

Hamstring Stretch

- Raise your foot on an elevated surface, at least 10" to 12" high. The truck's running board or an overturned bucket works.
- Looking forward, **s-l-o-w-l-y** bend at the hip keeping raised leg straight.
- Stop when you feel tension and hold 3-5 seconds.
- To increase tension, pull toes towards face.
- Switch legs and repeat stretch. Do each leg twice.



Quadriceps Stretch

- Holding on for balance with your left hand, grab your right foot or ankle with your right hand.
- Hold for 3-5 seconds and feel the pull in the front of your thigh.
- Repeat on opposite side. Do each leg twice.



UPPER BODY

Chest and Shoulder Stretch

- Standing up straight, raise your arms with your elbows bent so that your upper arms are parallel to the floor, fingers pointing up.
- **S-l-o-w-l-y** squeeze your shoulder blades together and hold for 3-5 seconds.
- Return to the starting position and repeat three times.



Forearm Stretch

- Hold your arms out straight in front of you with your palms facing down.
- Make a loose fist with your hands.
- **S-l-o-w-l-y** and gently bend your fists down towards the floor. Your knuckles should be pointing towards the floor.
- Now, **s-l-o-w-l-y** and gently rotate your fists toward the little finger side of your hand.
- Hold for 3-5 seconds. You should feel a stretch from the topside of the wrists out to the elbow.
- Relax and shake out your hands and arms.
- Repeat this stretch three times.



Open Hand Stretch

- Start with your hands in a loose fist position.
- **S-l-o-w-l-y** open your hands and extend your fingers.
- Return to a loose fist position and repeat three times.



Workplace Stretching Exercises