

FULL BODY STRETCHES: BACK AND WAIST

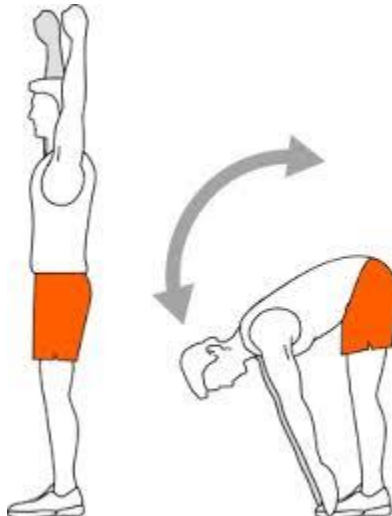
INTRODUCTION

Anyone who sits for long periods of time or does lifting during their day to day activities needs to stretch their back and waist area to help prevent back pain. Back pain and injuries can require some employees to take a leave of absence from their work in order to recover. Stretching prior to and during the work day can help employees stay on the job. Below are some suggested back and waist stretches that an employee can do prior to beginning their shift, during breaks, and at the end of the shift.

Lower Back Stretch/Opposite Toe Touch: Stand upright with your feet shoulder width apart. While leaning forward, try to touch the toe of the opposite foot. The other arm should be extended in the air behind you. Hold for 5 seconds. If you can't touch your toe, that is OK; just stretch until you feel a mild tension in your muscle. After 5 seconds, return to your original position and then do the opposite side.



Note: You can also do forward toe touches if you do not feel comfortable doing the opposite toe touch. In order to do forward toe touches, stand upright with your feet close together. Raise your arms above your head. Take your raised arms and slowly lower them to ground while leaning forward. Try to touch the floor. If you cannot touch the floor, that is OK; just stretch your arms until you feel mild tension in the muscle. Hold for 5 seconds. After 5 seconds return to your original position. Repeat 3 to 5 times.

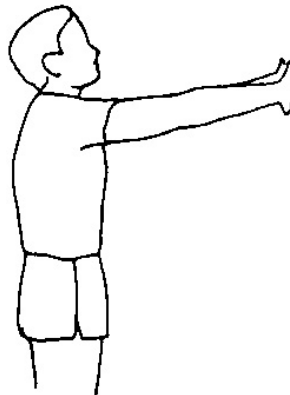


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Standing Trunk Rotation: Stand with your feet hip-width apart. Keeping your back straight, push your shoulder blades down your back. Turn your torso to the right, leading with your right shoulder and twist as far as you can go while feeling a mild tension (you should feel no pain while doing this). Hands can be on your hips or in the air. If you need, you can rotate the foot of the shoulder you are leading with. Hold for 30 seconds, then slowly rotate back to the starting position and repeat with the left side.



Upper Back Stretch: Stand upright with your feet hip-width apart. Clasp your hands together and slowly start to rotate to your shoulders. While rotating your shoulders, push your clasped hands out in front of you, your palms should be facing away from you and your arms should be straight. Hold the stretch for 10 to 15 seconds, then relax. Repeat 2 to 3 times.



Remember to breathe while performing these stretches. You should only feel a mild tension in your muscles. If you start to feel any pain or discomfort, stop doing the stretch. If you feel the need, please consult your doctor about your ability to perform these stretches safely before attempting any of these stretches.