



## Trunk and Low Back

### Side bend

- Feet shoulder width apart, arms at sides.
- 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 15-30 seconds.
- Return to starting position and repeat 3-5 times 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.
- You should feel tension, not pain, in the low back.
- Hold for 15-30 seconds but don't hold your breath.
- Return to starting position and repeat 3-5 times.



## Introduction

Drivers may experience discomfort. Done regularly, these stretches can compensate for static, unmoving positions (sitting for long periods or holding the steering wheel), maintain or increase flexibility, and improve circulation.

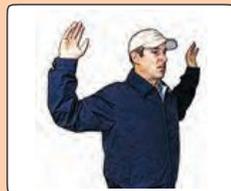
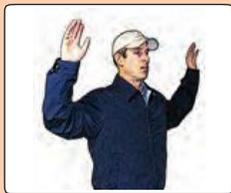
Stretch before you begin your workday and during your workday. Stretch **s-l-o-w-l-y** and gently, don't bounce, and don't hold your breath. Hold each stretch 3-5 seconds.

Before beginning any stretching program, check with your healthcare provider. If you have any questions about the stretches, or feel any discomfort while doing any of these stretches, stop and check with your healthcare provider before continuing.

## Upper Body

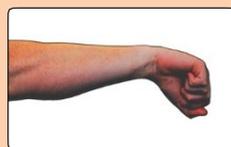
### Chest and Shoulder Stretch

- 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 15-30 seconds.
- Return to the starting position and repeat 3-5 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 15-30 seconds. You should feel a stretch from the topside of the wrists up to the elbow.
- Relax and shake out your hands and arms.
- Repeat this stretch 3-5 times.



### Open Hand Stretch

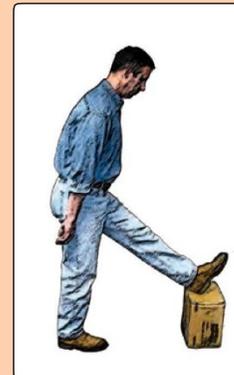
- Start with your hands in a loose fist position.
- **S-l-o-w-l-y** open your hands and extend your fingers.
- Return to a loose fist position and repeat 3-5 times.



## Legs

### Hamstring Stretch

- Raise your foot on an elevated surface, at least 10" to 12" high. A truck's running board, a box, or two stacked pallets work for this purpose.
- Looking forward, **s-l-o-w-l-y** bend at the hip, keeping raised leg straight.
- Stop when you feel tension and hold 15-30 seconds.
- To increase tension, pull toes towards face.
- Repeat this stretch 3-5 times.
- Switch legs and repeat stretch on the opposite leg.



### Quadriceps Stretch

- Holding on for balance with your left hand, grab your right foot or ankle with your right hand.
- Feel the stretch in the front of your thigh. Hold for 15-30 seconds. Repeat this stretch 3-5 times.
- Repeat stretch on opposite leg.



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