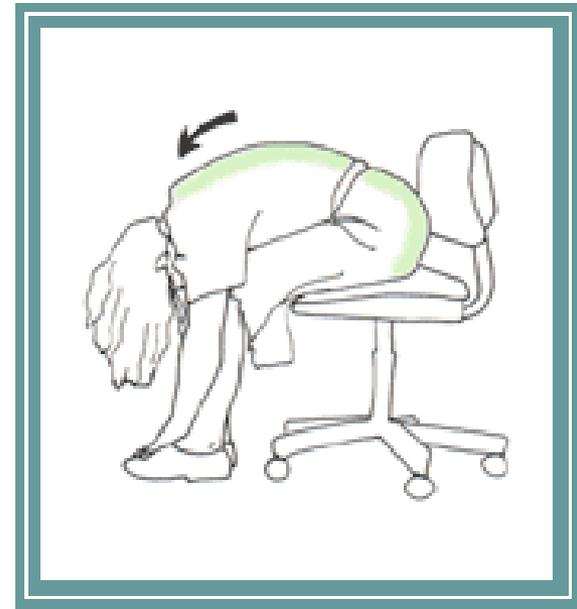


Back Exercises/ Stretches

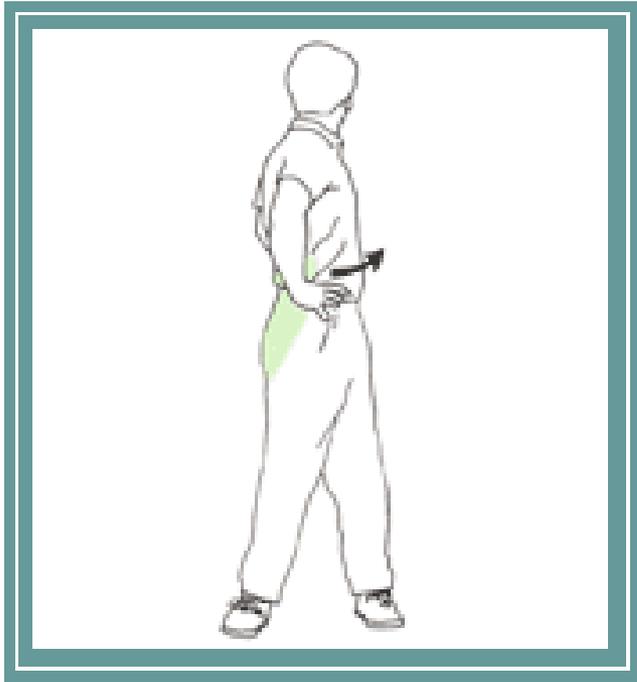
You can perform the following exercises and stretches at work throughout your day. These exercises can help energize your body and relieve muscle tension.

Back Stretches

- Lean forward to stretch.
- Keep your head down and your neck relaxed.
- Hold 10 - 20 seconds.
- Use your hands to push yourself upright.



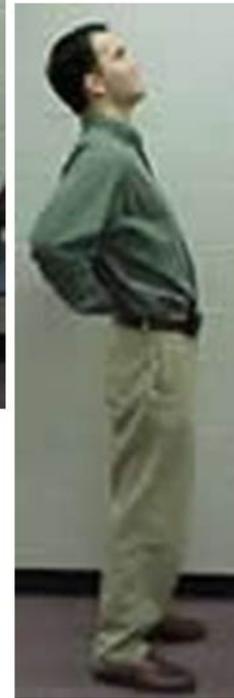
Back Stretches



- Stand with hands on your hips.
- Gently turn your torso at the waist and look over your shoulder until you feel the stretch.
- Hold 8 - 10 seconds.
- Repeat other side.
- Keep your knees slightly flexed.
- Do not hold your breath.

Warming Up for Work

- Just as an athlete prepares before playing a sport, you too should prepare before work to help prevent back injuries.
- These slow stretches help prevent back injuries and make your muscles more flexible.
- Hold each position for 20 seconds and repeat 3 times before work.



Partial Sit-ups - Core

- This exercise strengthens your stomach muscles.
 - Lie on your back with both knees bent and your feet flat on the floor.
 - Slowly raise your head and shoulders off the floor, keeping your hands across your chest.
 - Work up to 30 repetitions.



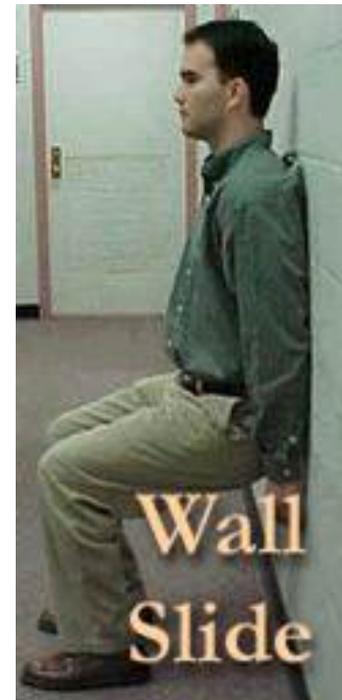
Bridges – Low Back

- Lie on your back with both knees bent and your feet flat on the floor.
- With arms lying at your sides, tighten stomach muscles, squeeze buttocks, and slowly raise your hips into the air.
- Hold for 5 seconds and then slowly bring the buttocks back to the floor.
- Repeat 20 times.



Wall Slides – Back & Legs

- Stand with your back against a wall and your feet slightly apart.
- Slide into a half-sit.
- Hold as long as you can; slide back up.
- Repeat 5 times.



Aerobic Exercise & Rest

Aerobic Exercise:

Aerobic exercise also stretches and strengthens the muscles that support your low back, which combined with healthy eating can also help you maintain your ideal weight. If you're overweight, the extra pounds add to the strain on your low back. Aerobic exercise like walking, can help you lose weight.

Proper Rest:

The best position for resting the back muscles is lying on your back on your living room floor with a pillow under your knees and a rolled up towel under your neck. You can also lie on your side in the fetal position— bend the knees to reduce strain on the low back and put a pillow between your knees, and under your head and neck to keep them level.