



Quick and Easy Stretches

Stretching helps reduce the risk of musculoskeletal injuries by reducing fatigue, improving muscular balance and posture, and improving muscle coordination.

Use the following quick and easy stretching exercises before work and periodically during the day to keep your body flexible and muscles relaxed while working.

NOTE: Consult with your physician or other healthcare provider before starting a stretching regime if you have previously had injuries to your back or other parts of the body or currently experiencing pain.

Neck Stretches

- Lower head toward the chest, stretch neck gently, and raise head slowly.
- Turn head gently from side to side.
- Tilt head slowly first toward one shoulder, then the other, then backward.



Shoulder Stretches

- Shrug shoulders and roll them forward and back.
- With elbows out, move arms back to bring shoulder blades together.
- Reach arms overhead, stretch, and bend gently from side to side.



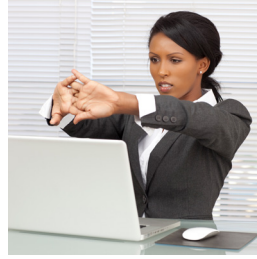
Arm and Wrist Stretches

- Place arms out in front of body. Turn wrists so that palms turn out. Then turn wrists back so that palms turn in.
- Place arms out in front of body. Bend wrists up so that palms face out and hold for a few seconds. Then bend wrist down so that palms face in and hold for a few seconds.



Hand Stretches

- Place arms out in front of body. Lace fingers together and rotate hands so that palms are facing out. Straighten elbows and push palms gently away from body for a few seconds. Make a fist and then extend and stretch your fingers.
- Stretch wrist with fingers pointing up and switch to pointing down.



Lower Back Stretches

- Stand with knees slightly bent and place hands on lower back just above hips. Gently bend backwards (just a little!).
- Stand tall and reach the ceiling arching back. then bend forward curving back.



Leg Stretches

- Sit in a chair, raise leg out in front (parallel to the floor), and hold for a few seconds.
- Place leg in front with heel on floor and lean forward as you feel a stretch on the back of your leg, keeping your back straight.



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