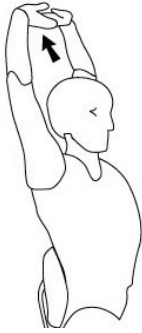


## Manual Material Handling Prep Stretches

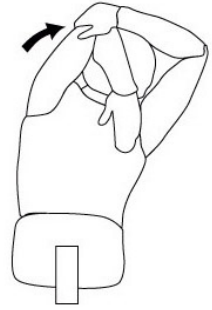
It is recommended that you complete stretches 2 to 3 times a day. It is important to read the instructions carefully and only stretch to the point when you feel pressure – not pain. If you have an injury, you should see your doctor before completing stretches of the affected area.



Reach above your head, grasp your hands together, turn your elbows in and press up. Hold for 5 seconds and repeat 3 – 5 times.



Roll your shoulders up and back. Hold for 5 seconds and repeat 3 – 5 times.



Reach one hand behind your head (toward the other shoulder blade) and use your other hand to increase the stretch. Hold for 5 seconds and repeat 3 – 5 times.



Sitting in a chair, lean forward and reach for the floor. Hold for 5 seconds and then slowly sit up. Repeat 3 – 5 times.

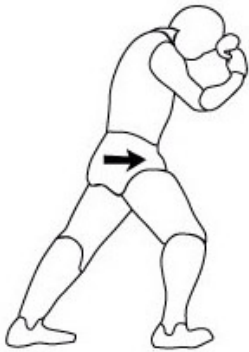


Bring knee up towards your chest, while keeping your back against the backrest of the chair. Hold for 5 seconds and repeat 3 – 5 times.

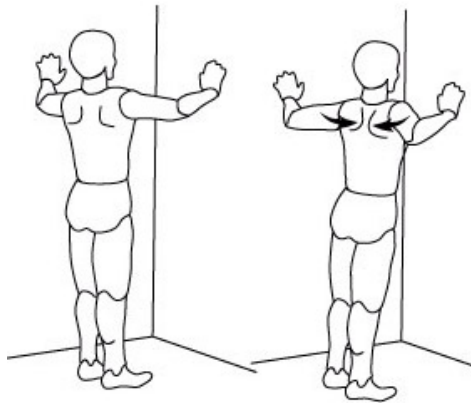


Place your hands on the small of your back (just above your buttocks) and bend backwards. Keep your knees straight. Hold for 5 seconds and repeat 3 – 5 times.

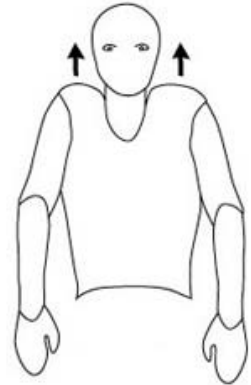
## Manual Material Handling Prep Stretches – page 2 of 2



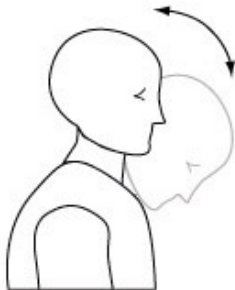
Stand facing the wall (close enough to lean on it) with toes pointed straight forward. Move one leg forward and bend your knee as in picture. While leaning on wall and keeping back heel on floor, press hips forward to get stretch in back calf muscle. Hold for 5 seconds and repeat 3 – 5 times.



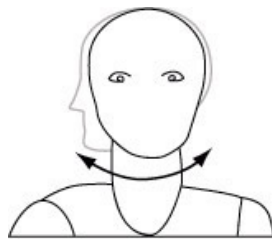
Place your palms on the wall, at shoulder height, straddling the corner. Slowly step into the corner and stretch chest muscles by moving shoulder blades together. Hold for 5 seconds and repeat 3 – 5 times.



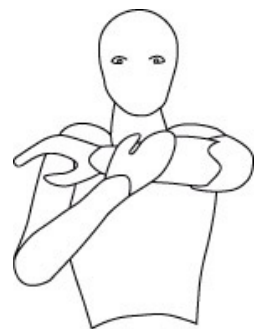
Raise your shoulders up towards your ears. Hold for 5 seconds and repeat 3 – 5 times.



Looking straight ahead, tilt your head moving your chin towards your chest. Hold for 5 seconds and repeat 3 – 5 times.



Looking straight ahead, rotate your head to the right. Hold for 5 seconds and repeat 3 – 5 times. Complete stretch looking to the left.



Bring arm across your body and use other hand to increase the stretch. Hold for 5 seconds and repeat 3 – 5 times.