

Stretching

Back Stretching

These stretches are being offered to you as a comfort tip only.

Caution: If you have any pre-existing conditions, check with your doctor before doing the following exercises. If you feel any discomfort during the exercises, stop immediately and check with your doctor.

We do so much forward bending throughout the day (sitting, lifting, etc.) so it's important to take a moment and stretch the back.

- Stand with your feet shoulder width apart and soften your knees.
- Place your hands on your beltline, with your fingers pointing in, towards each other.
- **Looking straight ahead**, gently arch your back a bit (like you do when yawning/stretching). Hold for two or three seconds, then relax. Repeat a few times.



Keenan's Loss Control services promote safety awareness, and assist in the identification of conditions which may pose a risk of injury. We do not suggest that following our recommendations will eliminate all risk of injury or will result in improved loss experience.

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Finger Stretching

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Caution: If you have any pre-existing conditions, check with your doctor before doing the following exercises. If you feel any discomfort during the exercises, stop immediately and check with your doctor.

- Bring fingertips together in front of you
- Gently push fingers towards each other to feel a stretch on the fingers.
- Repeat a few times
- Shake your hands out when finished



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Neck Stretching Chin Drop Towards Armpit

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Caution: If you have any pre-existing conditions, check with your doctor before doing the following exercises. If you feel any discomfort during the exercises, stop immediately and check with your doctor.

- Gently drop chin towards chest
- With chin down, slowly look towards right armpit; hold for three seconds
- With chin down, look towards left armpit; hold for three seconds



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Neck Stretching Ear-to-Shoulder

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Caution: If you have any pre-existing conditions, check with your doctor before doing the following exercises. If you feel any discomfort during the exercises, stop immediately and check with your doctor.

These are done sitting in a chair.

- Sit up straight in chair. Hold onto the seat pan of chair with your left hand. Gently bring right ear towards right shoulder. Hold three seconds.
- Hold onto seat pan of chair with your right hand. Gently bring left ear towards left shoulder. Hold three seconds.



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Neck Stretching Forward Shoulder Pull

These stretches are being offered to you as a comfort tip only.

Caution: If you have any pre-existing conditions, check with your doctor before doing the following exercises. If you feel any discomfort during the exercises, stop immediately and check with your doctor.

- Place your left hand on right knee
- Bend the left elbow and use left arm to gently pull left shoulder forward

Repeat on other side:

- Place your right hand on left knee
- Bend the right elbow and use right arm to gently pull right shoulder forward



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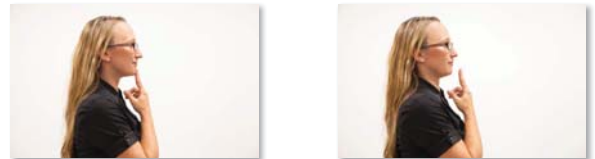
Neck Stretching Neck Glide

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NOTE: Remember to look straight ahead throughout the entire stretch, don't point your chin up.

- Sit up straight and place your finger on your chin
- Looking straight ahead, pull neck back, about one inch (like you are making a 'double chin')



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