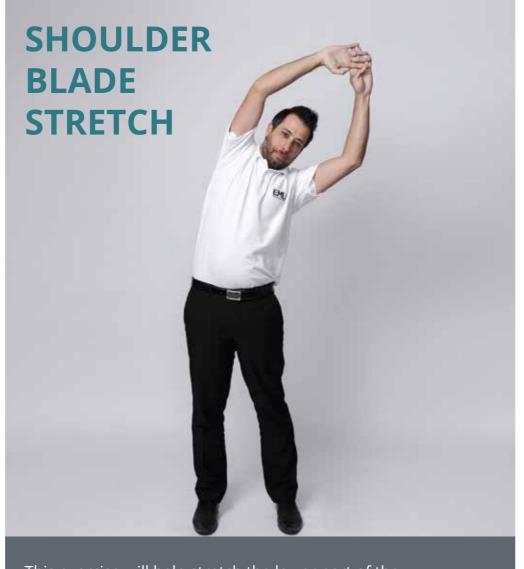
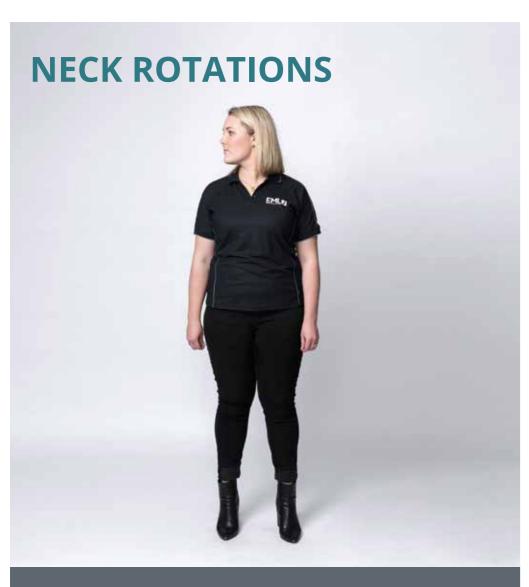


- While standing, take a step back with the leg to be stretched • Feet should be facing forward and remain flat on the ground • Hands can either be on your hips or with your palms touching
- Hold stretch for 30 seconds
- (You should feel a stretch in your calf) Repeat on the opposite side

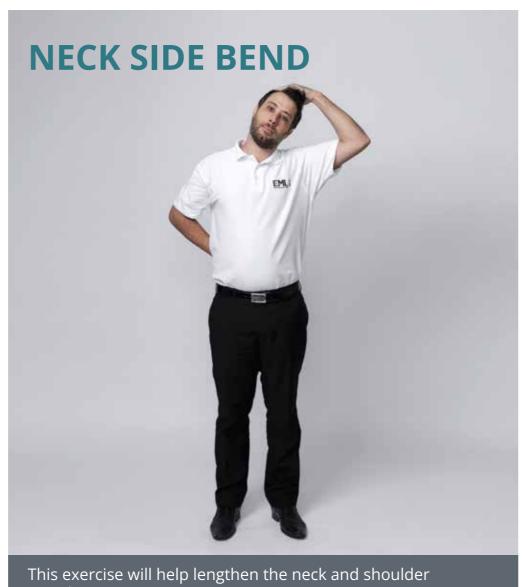
a wall for stability



- This exercise will help stretch the lower part of the
- Clasp your fingers and position your arms above your head • Gently lean to your left side until you feel a mild to moderate stretch on the right side of shoulder blade
- Hold for 30 seconds Repeat on the opposite side



- This exercise will help stretch your neck muscles.
- Standing tall looking ahead
- Turn your head to one side Repeat on the opposite side • Hold for 30 seconds



- Place your right arm behind your back • Gently tilt your head to the left, bringing your left ear
- your left shoulder (You should feel a stretch on the right side and behind your neck)
- Hold for 30 seconds Repeat on the opposite side

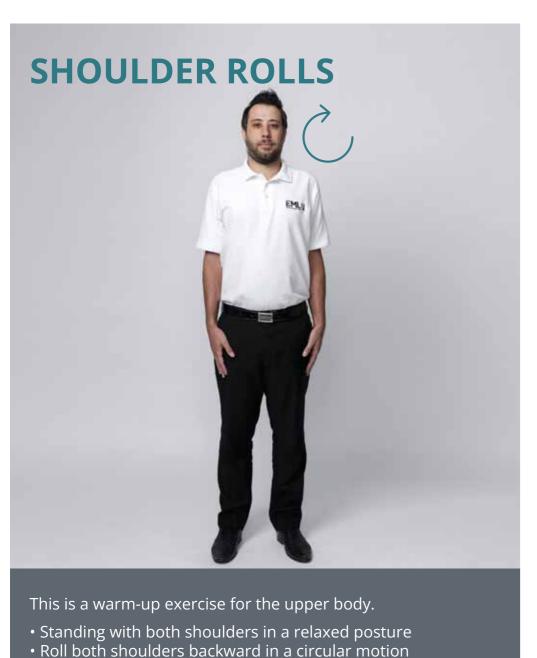
Stretches can be completed during breaks, before and after your shift. Perform them slowly and gently. Do not 'bounce' when stretching.

You should not feel any pain or discomfort when performing these stretches. If you do feel pain, cease the stretch immediately.

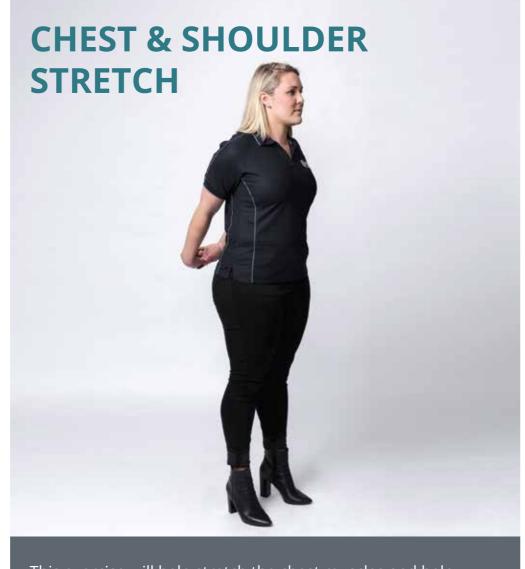
If you have an existing injury, consult a health professional prior to completing these stretches.

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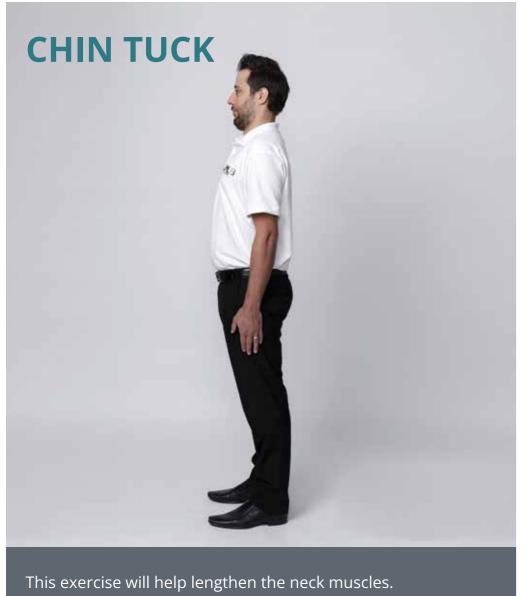




- Repeat 5 times



- This exercise will help stretch the chest muscles and help prevent shoulder pain.
- Standing in a relaxed posture facing forward
- Clasp your hands behind your lower back Move your arms away from you, while gently squeezing your
- shoulder blades together Hold for 30 seconds

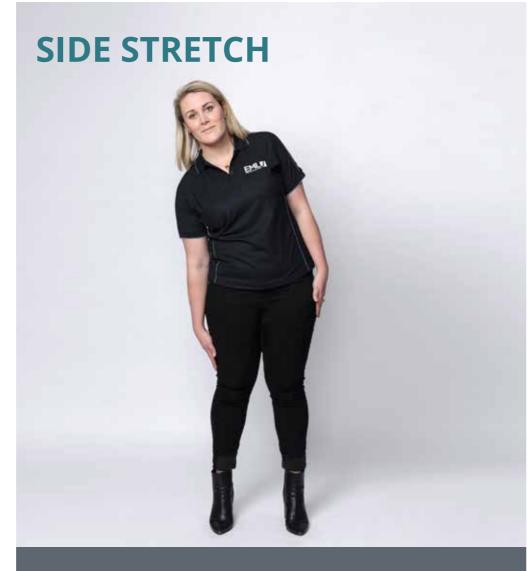


• Gently tuck your chin back towards your spine until you feel

mild to moderate stretch at the back of your neck

(Avoid dropping your chin to your chest)

Hold for 5 seconds and repeat 3 times



- This exercise will help stretch the trunk muscles. Standing with feet shoulder width apart and arms at your
- side • Slowly slide your left hand towards your left knee • Hold for 30 seconds until you feel a mild to moderate stretch at the opposite side of your upper trunk Repeat on the opposite side

Stretches can be completed during breaks, before and after your shift. Perform them slowly and gently. Do not 'bounce' when stretching.

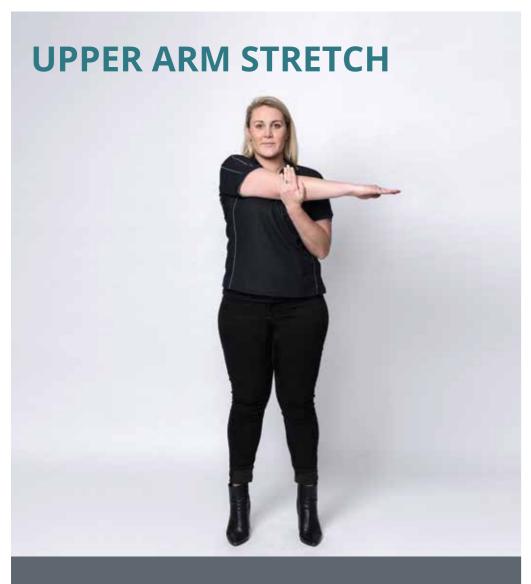
You should not feel any pain or discomfort when performing these stretches. If you do feel pain, cease the stretch immediately.

If you have an existing injury, consult a health professional prior to completing these stretches.

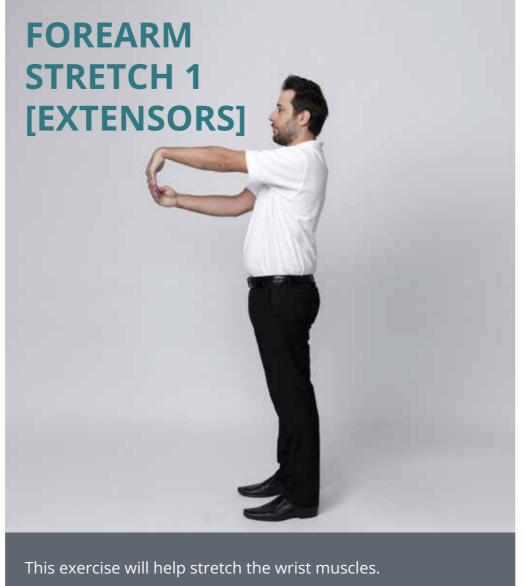
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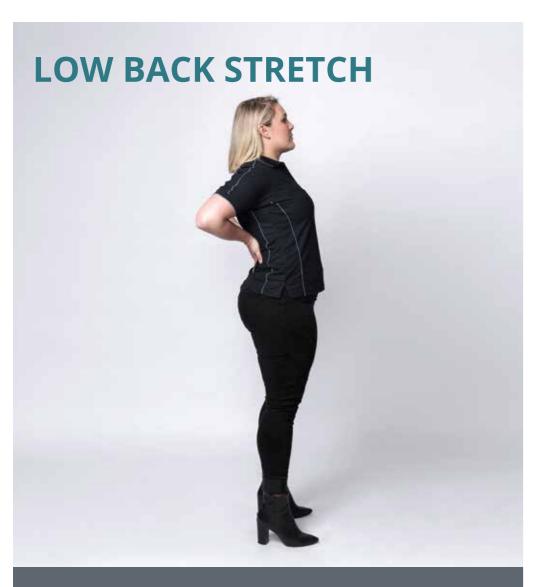


Looking straight ahead

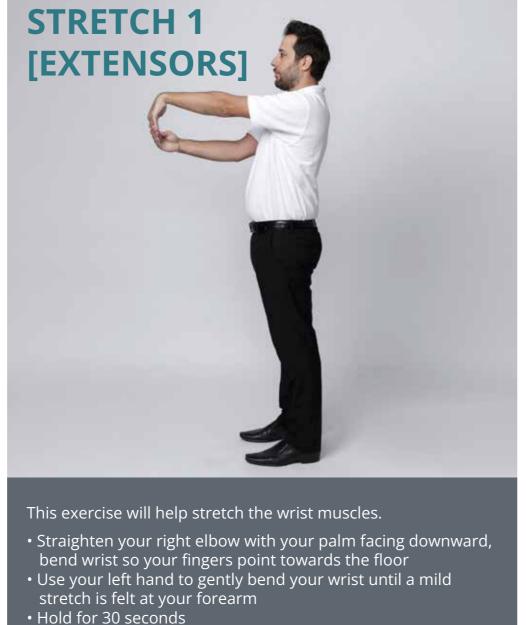


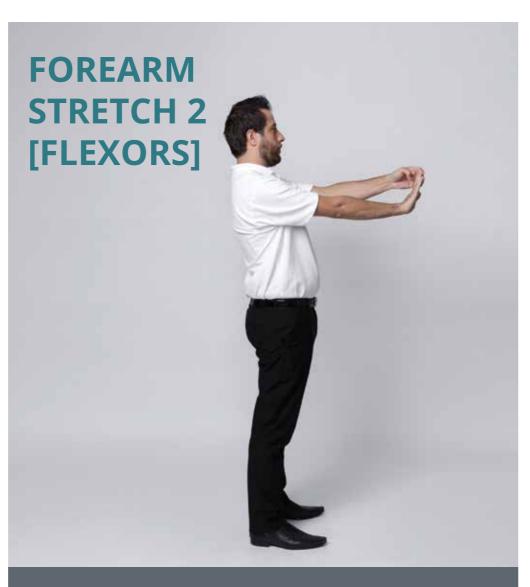
- This exercise will help stretch the upper arm muscles.
- Take your right arm across your chest • Gently use the left arm to push your right arm towards your chest to increase the stretch
- Hold for 30 seconds
- Repeat on the opposite side





- This exercise will help stretch the low back muscles.
- Stand with your knees slightly bent • Start with your hands at your low back
- Slowly bend backward as far as you can without discomfort
- Hold for 5 seconds Repeat twice





- This exercise will help stretch the wrist muscles.
- Make a stop sign with your right hand • Use your left hand to gently pull fingers backwards until you feel a stretch on the underside of your forearm
- Hold for 30 seconds • Repeat on the opposite side

Repeat on the opposite side

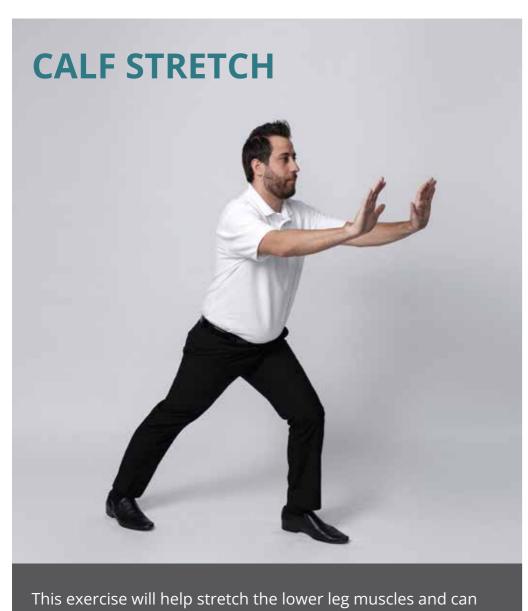
Stretches can be completed during breaks, before and after your shift. Perform them slowly and gently. Do not 'bounce' when stretching.

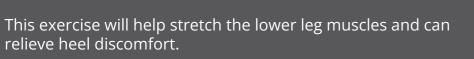
You should not feel any pain or discomfort when performing these stretches. If you do feel pain, cease the stretch immediately.

If you have an existing injury, consult a health professional prior to completing these stretches.





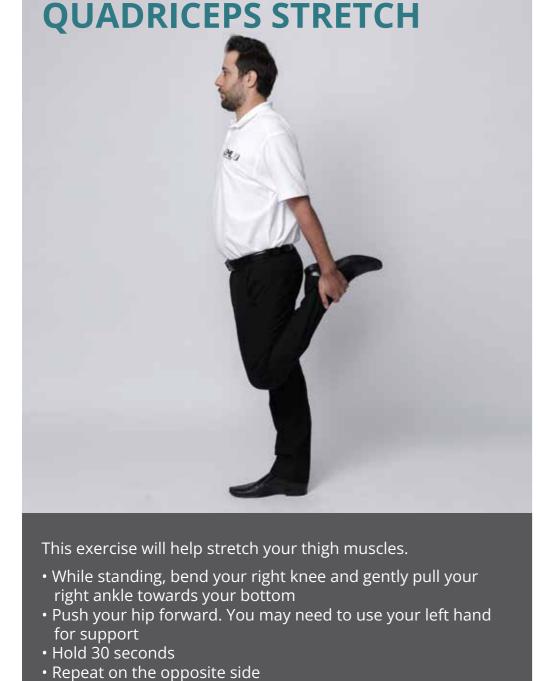


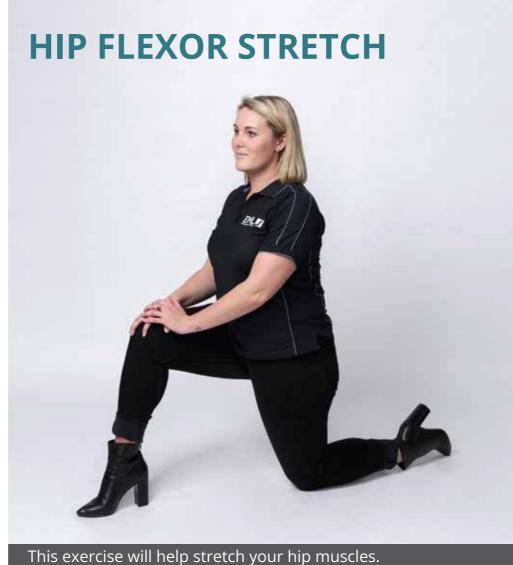


- While standing, take a step back with the leg to be stretched Feet should be facing forward and remain flat on the ground
 Hold stretch for 30 seconds. You should feel a stretch in
- Repeat on the opposite side



- This exercise will help stretch the thigh muscles.
- Step forward with the leg to be stretched forward • Bend forward from the hips keeping your back straight
- Point your toes towards the ceiling (until you feel a stretch in the back of your thigh)
- Hold 30 seconds Repeat on the opposite side





- From a standing position, take a step forward with the left
- and slowly lower the right knee to rest on the floor • Gently push your hip forward. You should feel a stretch in
- front of the right thigh
- Hold stretch for 30 seconds Repeat on the opposite side

Stretches can be completed during breaks, before and after your shift. Perform them slowly and gently. Do not 'bounce' when stretching.

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If you have an existing injury, consult a health professional prior to completing these stretches.

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