

BACKSAFE® BEFORE WORK/AFTER BREAK EXERCISES

Hold each stretch for 3-5 relaxing breaths. Done often during work, these stretches will increase energy and comfort while reducing cumulative trauma stress. Discontinue if you feel discomfort other than simple stretching of tight muscles.

NECK STRETCHES



Bend head downward, and gently upward. Slowly and fully turn head to one side, then the other. Side bend the neck toward shoulder, hold, then look down.

CHIN TUCKS



Pull the chin and head straight backward as if to make as many chins as you can! Hold for a few seconds, repeat three times.

SIDE STRETCH



Bend the knees slightly and flatten the back with a forward tilt of the hips. Without twisting, reach high over your head. After 3 breaths switch sides.

CHEST AND SHOULDER STRETCH



Clasp hands behind back and slowly straighten and raise the arms. Arch your back. Sitting forward in the seat or standing up may help.

BACK EXTENSIONS - Standing/Seated



After sitting or bending, and especially prior to lifting or bending, place your hands on the low back, gently push forward, raise the chest upward and arch back.



KNEE PULL



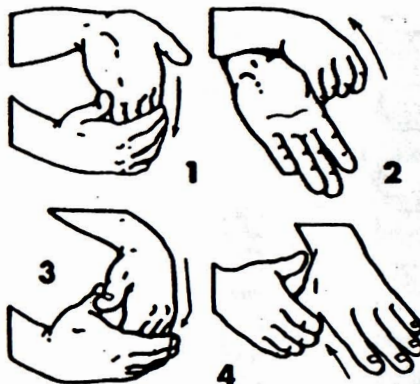
With the back supported sit upright. Hold one knee and slowly pull towards the chest. Hold 3-5 breaths and switch.

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FUTURE INDUSTRIAL TECHNOLOGIES
4930 CERVATO WAY - SANTA BARBARA, CA 93111
1-800-775-2225

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Try to do this entire routine on a daily basis. If you can't do them all the most important for you are the ones that feel the tightest.

HAND AND WRIST STRETCHES



1. Straighten your arm with the palm up, and gradually apply downward and backward pressure against the fingers.
2. Reach over the top of hand gently pull the thumb straight back.
3. Repeat with the hand palm down and, pull fingers back.
4. Gently pull thumb straight back.

SHOULDER ROLLS



Roll shoulders forward in 3 large circles then backwards.

YOUR BACKSAFE CONSULTANT IS:

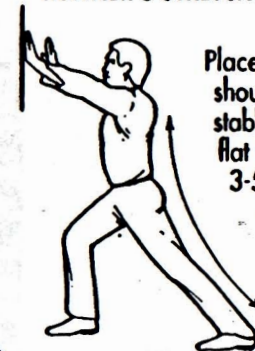
Office Hours By Appointment



PAUL M. TRINKOFF, D.C.

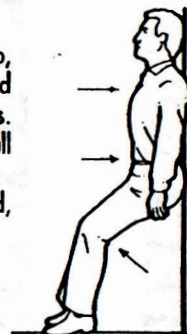
ORANGETOWN CHIROPRACTIC CENTER
450-C Western Highway
Orangeburg, New York 10962
Telephone: (845) 359-8470

RUNNER'S STRETCH



Place hands above shoulder level on a stable surface. Heels flat on floor. Hold 3-5 breaths, then switch feet. Forward knee doesn't pass toes.

WALL SLIDE



Lean against stable surface. Press or flatten lower back against surface or wall. For strengthening, hold wall slide position long as possible.

QUAD STRETCH



Place one hand on a stable surface. Stand upright and bend one leg. Hold foot lightly and pull back. Don't arch your back. Feel stretch in front of thigh. Hold 3-5 breaths each leg.