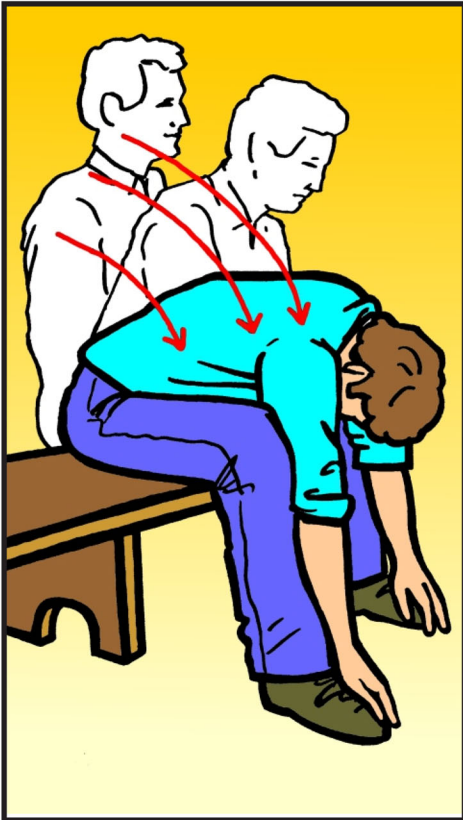


Company _____ Location _____ Date _____

Vol 28 - No 33 PREVENTING BACK STRAIN

No matter what your job requires you to do, some muscles become strained while others don't do enough work. A few minutes of easy, on the job back exercises helps to prevent injury. These routines performed strengthen and stretch muscles and ligaments which help support the spine.



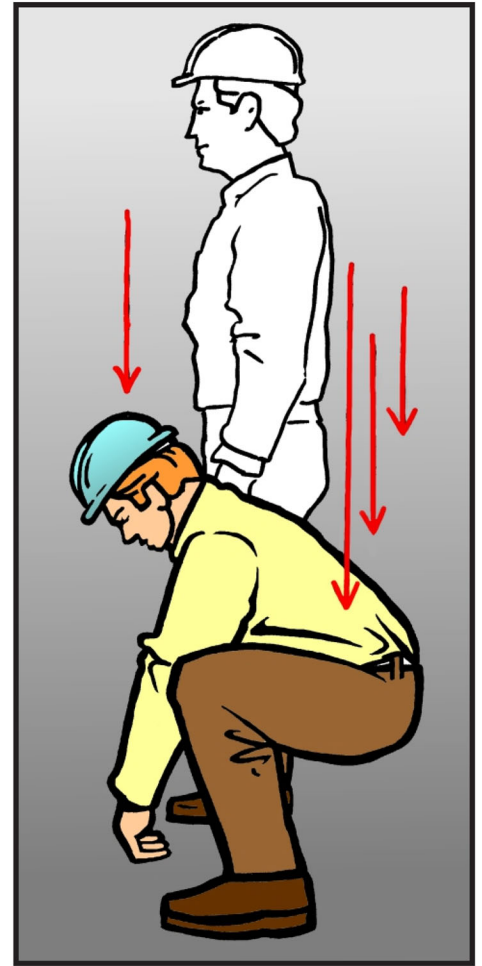
BACK RELEASE

1. Sit with feet apart and neck relaxed.
2. Curl down slowly, relaxing your neck. Feel the stretch from your shoulders to your hips.
3. Hold for count of five; repeat three times.



BACKBEND

1. Stand or sit, place your palms on your lower back.
2. Lean upper body back, without over arching your neck. Feel the stretch from shoulders to hips.
3. Hold for count of five; repeat three times.



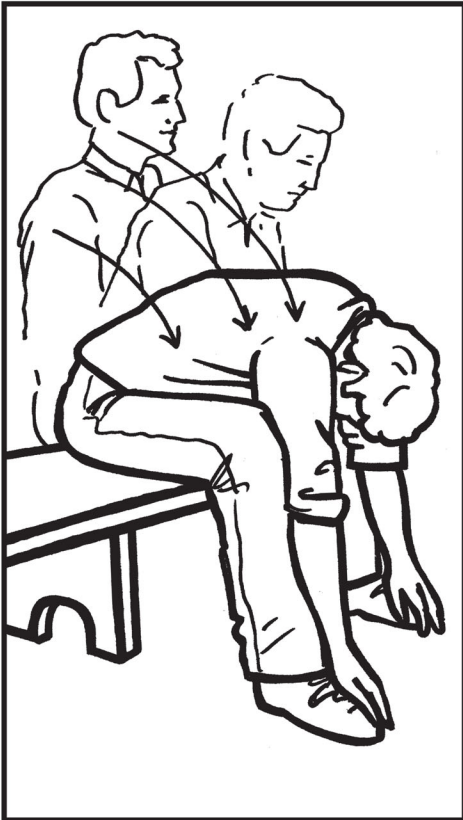
DEEP SQUAT

1. Stand with knees bent, feet apart shoulder width and heels flat on floor.
2. Squat as low as leg muscles allow. Feel the stretch in your hips.
3. Hold for count of five; repeat three times.

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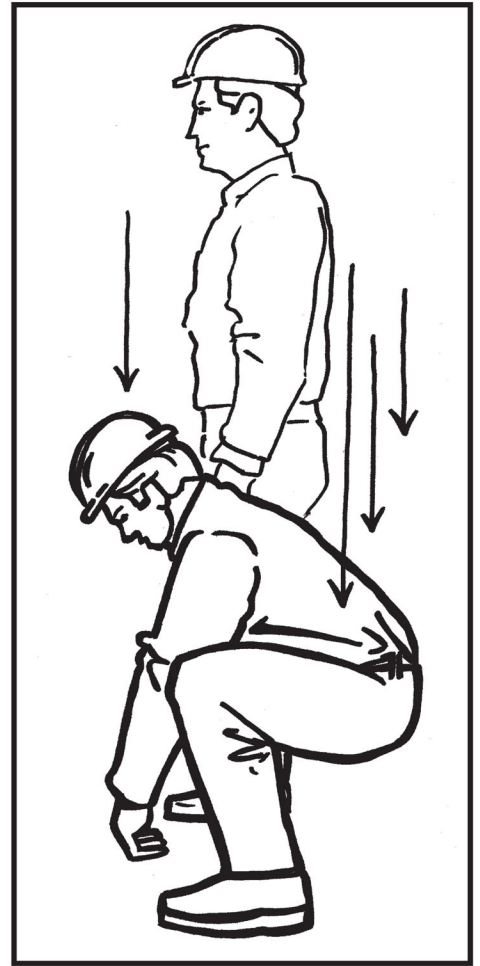
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