

BENDING & LIFTING OCCUPATION STRETCHES

Bending and twisting combined with lifting is the most dangerous combination of movements because it places excessive force on the spinal discs, especially in the lower back. The result can be abnormal movement and weakening of the ligaments which hold the vertebral bones in their proper position and secure the discs that sit between the vertebrae to absorb shock. The ligaments will eventually separate from the repetitive strain. This can lead to a herniated, or bulging, disc. Anyone who has had this problem can attest to the extreme pain felt when this happens.

Helpful Hints To Prevent Injury When Lifting

1. Get close to the load.
2. Bend at the knees and hips, not at the waist.
3. Keep your shoulders above your hips and look forward (head upright). This will help maintain the spinal curves.
4. Lift with the legs and buttocks, not the back.
5. Breathe out as you lift. Do not hold your breath!
6. Lift slowly.
7. Do not twist as you lift.
8. Move your feet instead of twisting your upper body when you stand or turn.
9. Avoid overhead lifts. Use a stool or ladder.
- 10 Use mechanical devices or get help if the object is too heavy.
11. Remember to think before you act.

The “Super Six Rules” to Stretching Successfully:

- 1 • Warm up (Walk on the spot for 1 to 5 minutes) 2 • Hold each stretch one repetition for 30 seconds 3 • Do not bounce (Hold in Comfortable position)
4 • Be Gentle (No Pain) 5 • Breathe Deeply 6 • Stretch both sides equally



Side of Neck Stretch



Front of Neck Stretch



Back of Shoulder Stretch



Tricep Stretch



**Shoulder/
Rotator Cuff
Stretch**



**Middle
Chest
Stretch**



**Back of
Shoulder
Stretch**



**Front of
Shoulder
Stretch**



**Full
Body
Stretch**



**Side of Spine
Stretch**



**Side of Buttock
Stretch**



**Outer Calf
Stretch**



**Hamstring/Back
Stretch**



**Hip Flexor/Psoas
Stretch**



**Inner Thigh
Stretch**



**Sitting Spinal
Twist Stretch**



**Buttock & Spinal
Stretch**