

## 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.



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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.