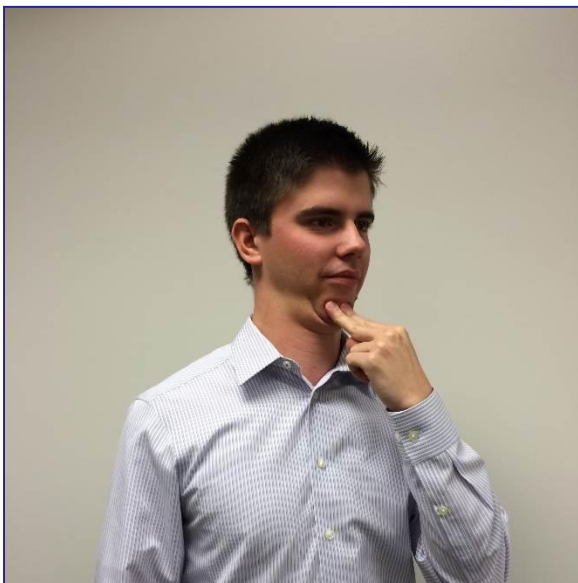
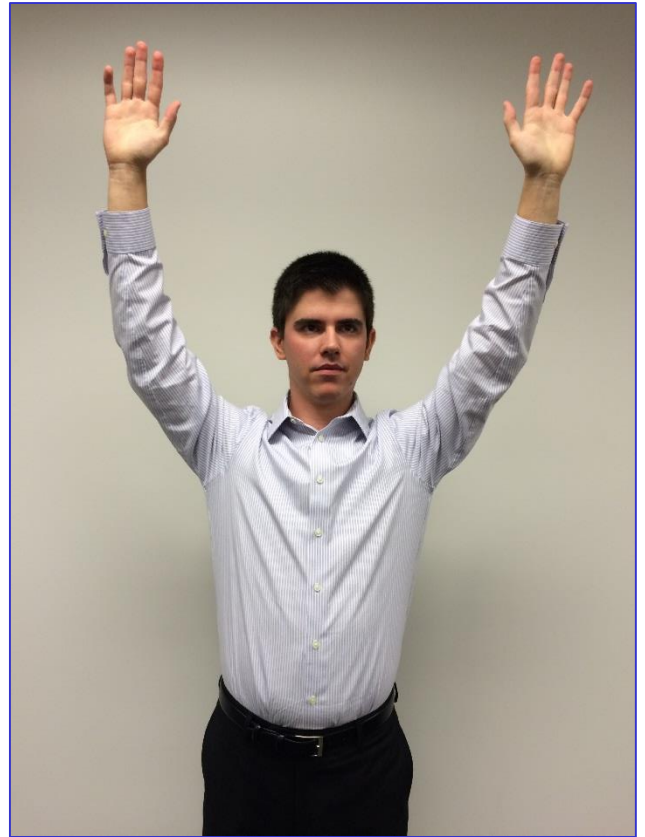


Postural Reversal Exercises



Shoulder/Neck

Place one hand on top of head while gently pulling head towards the shoulder. Hold for 5 seconds, then repeat on the opposite side.



Chin Tuck

Place one or 2 fingers on the chin with the eyes level. Gently move the head backwards toward the shoulders, while keeping eyes level. Hold for 10 seconds



Shoulder Retraction

Raise the arms overhead and hold for 5 seconds. Bring the arms down while bending the elbows, as if trying to put the elbows in your pockets. Squeeze the shoulder blades together and hold for 5 seconds.



Wrist/Forearm Stretch 1

Hold arm with the elbow straight at or below shoulder level. Point the fingers down, using the opposite hand to pull gently towards you. Hold for 5 seconds and repeat on the opposite side. Stretch a closed hand (fist) if no stretch is felt with an open hand.



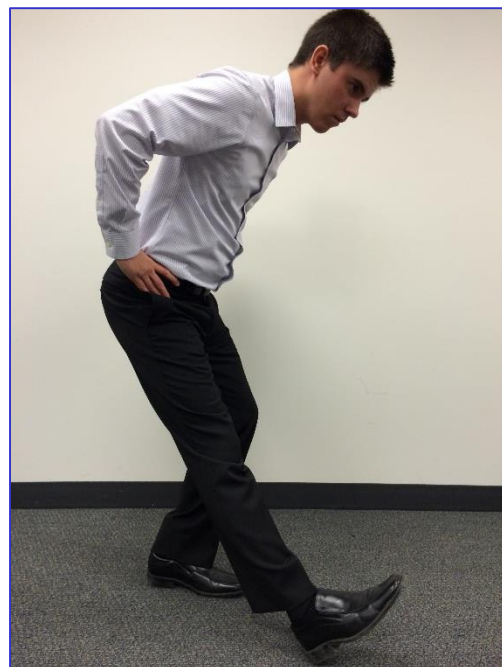
Wrist/Forearm Stretch 2

Hold the arm with the elbow straight at shoulder level with the fingers up. The opposite hand presses against the palm/fingers, pulling the hand backwards towards you. Hold for 5 seconds then repeat on the other side.



Back Extension

Stand with both hands on the low back. Gently arch the back while looking up slightly, and squeezing the shoulder blades together. The knees should not bend. Hold for 10 seconds.



Hamstring Stretch

One leg is slightly behind the other, with the knee of the back leg slightly bent. Keep the head and chest facing forward as you lean forward from the hips. Hold for 5 seconds and repeat on the opposite side.

Other guidelines...

1. If you are being treated for an injury talk to your doctor first.
2. Move slowly to where a gentle stretch is felt. You should feel pulling but not pain.
3. Make sure to breathe!
4. Exercises can be done anytime during the day. Besides break times, and before and after shifts, be creative in working exercises into your normal work routine.