

Stretch and Relax Your Back



Arms and Shoulders

1. Lace fingers together and turn palms facing out.
2. Straighten arms in front of you.
3. Hold for 15–30 seconds.



Lower Back

1. Look straight ahead; stand tall with hands on hips.
2. Gently bend backwards.
3. Hold for 15–30 seconds.

Stretching Tips:

- Ease into each stretch; don't bounce
- Take a deep breath and slowly exhale as you stretch
- Stretch until you feel muscle tension; stop if you feel any pain
- Help reduce fatigue and pain by stretching several times a day