# Simple Ergonomic Exercises

To avoid injuries or to prevent aggravation of existing conditions, please check with your physician prior to engaging in any exercise program.





# Upper Body Stretch With palms facing upward, raise and straighten arms above head.

Downward Wrist & Forearm Stretch



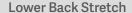
### **Neck Tilt**

Behind your back, hold one wrist with the other hand while tilting your head in the opposite direction.



## **Arm Relaxation**

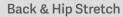
Relax hands and arms at your side, and shake for 30 seconds.



Apply pressure to your lower back while gently bending backward.

# Side Stretch

Keeping your back straight, push one hand down and stretch upward with your opposite hand.



Cross legs. Keep shoulders square while looking over your shoulder. Apply gentle pressure to top knee.



Reaching overhead, hold elbow with opposite hand and gently apply pressure.

### Shoulder Stretch

Use one hand to grasp your opposite arm above the elbow. Pull and hold arm across your chest.

Please contact the Loss Control team at: losscontrol@bhhc.com for any further questions.