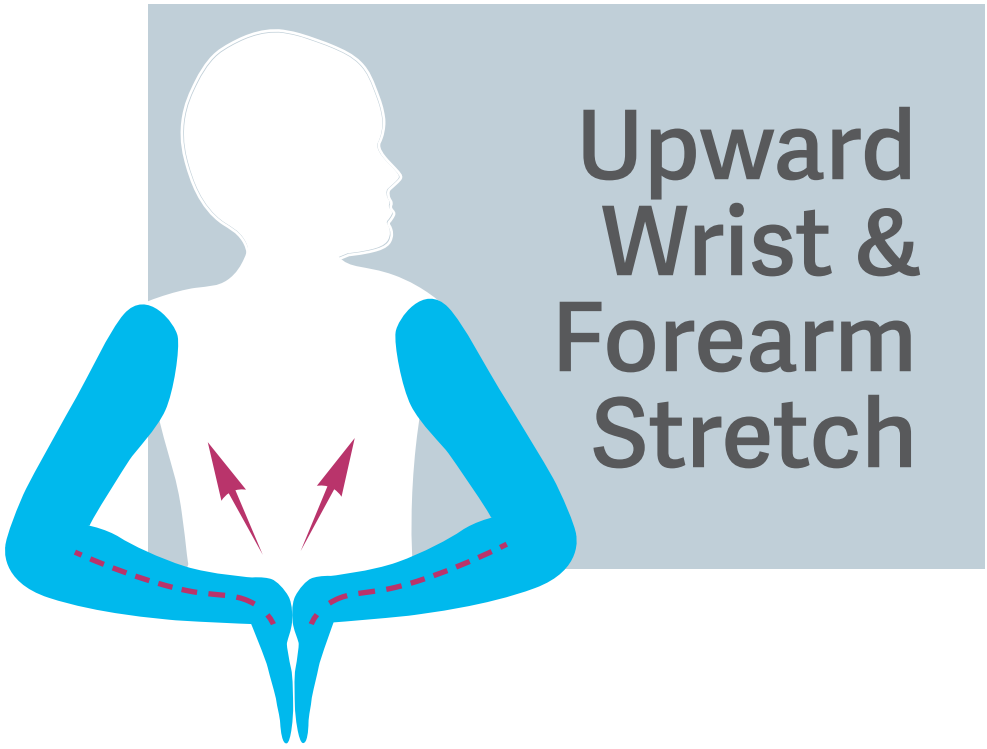


# Simple Ergonomic Stretches

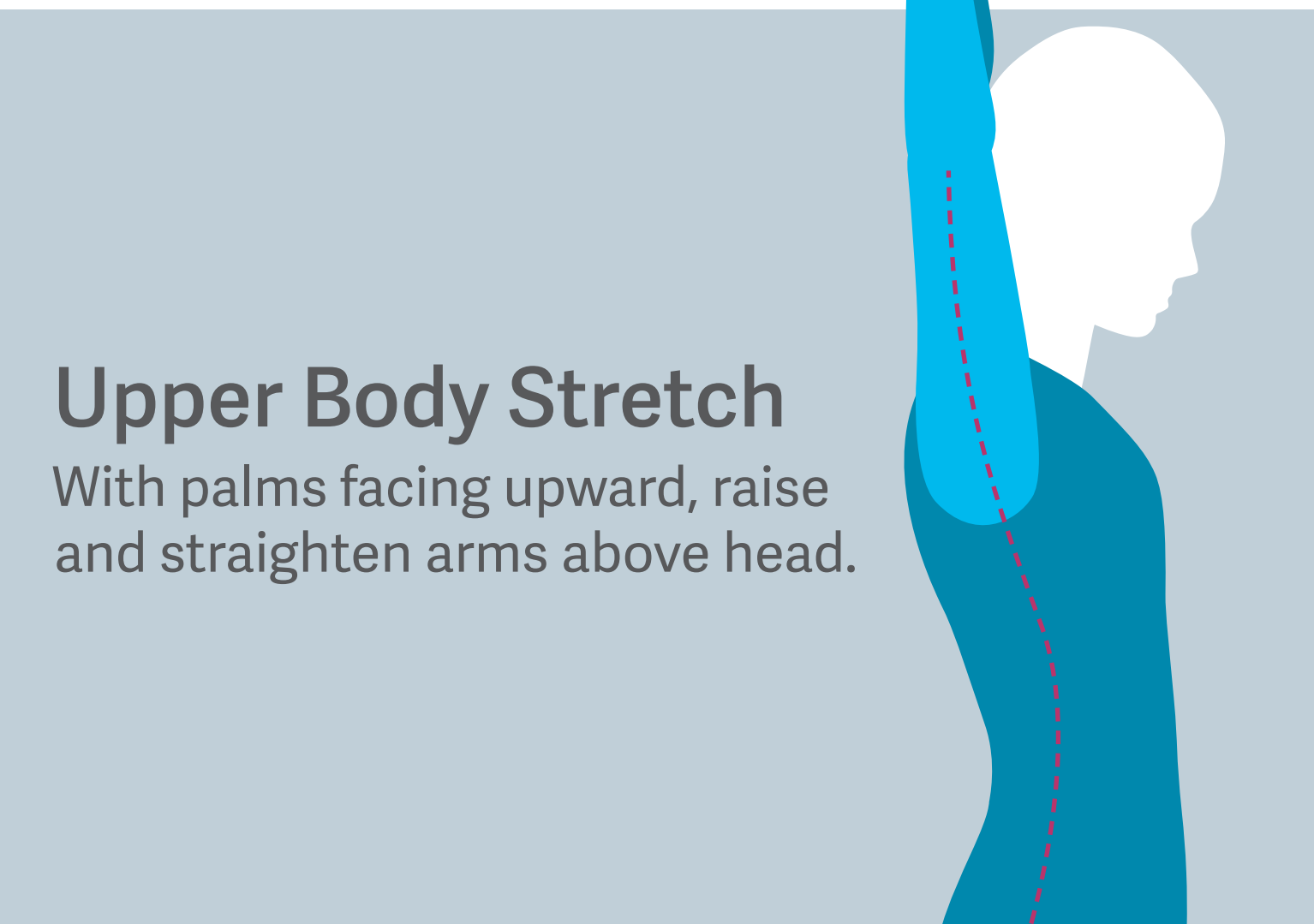
To avoid injuries or to prevent aggravation of existing conditions, please check with your physician prior to engaging in any exercise program.



**Upward  
Wrist &  
Forearm  
Stretch**



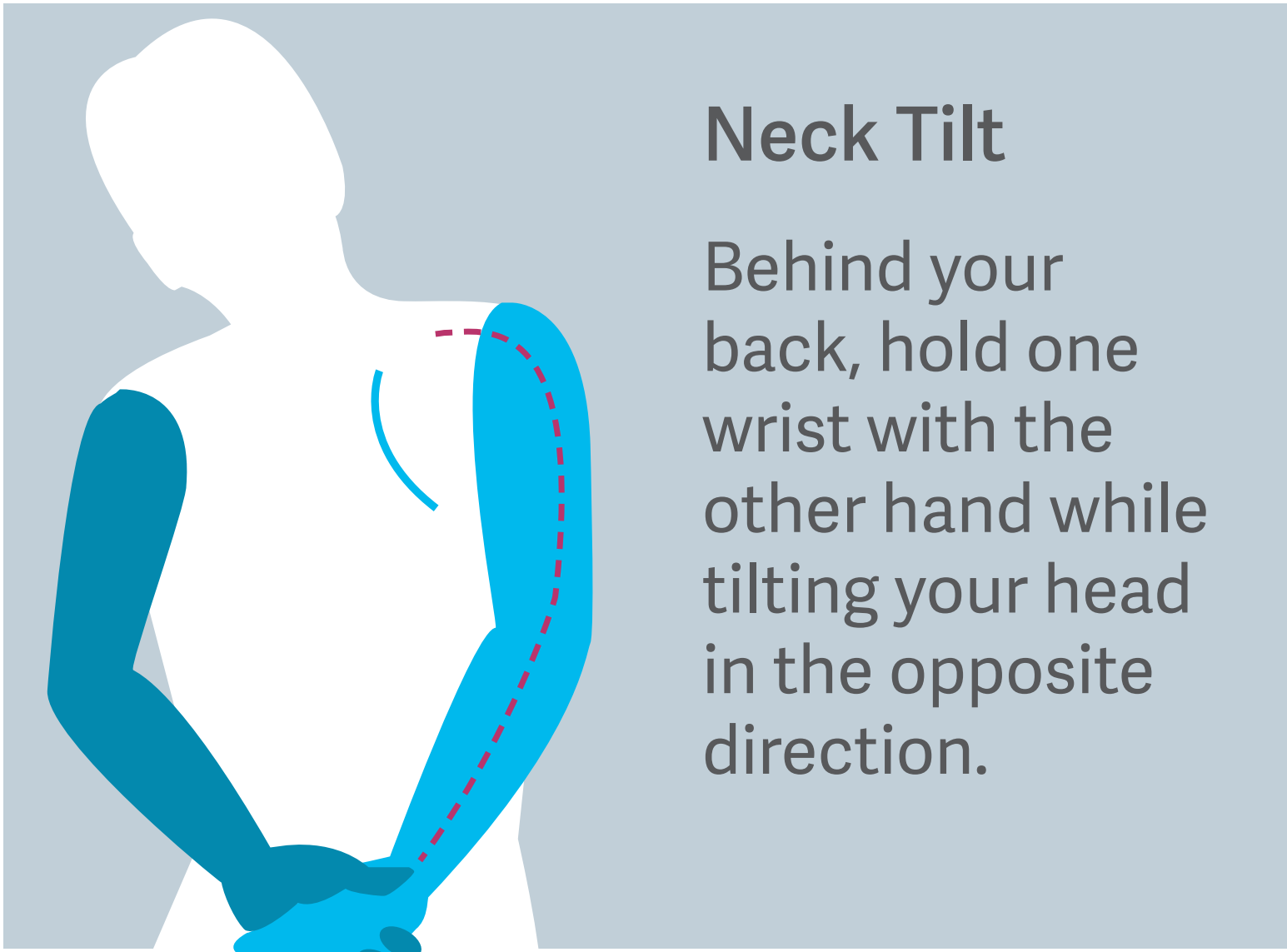
**Hand, Arm,  
& Shoulder  
Stretch**



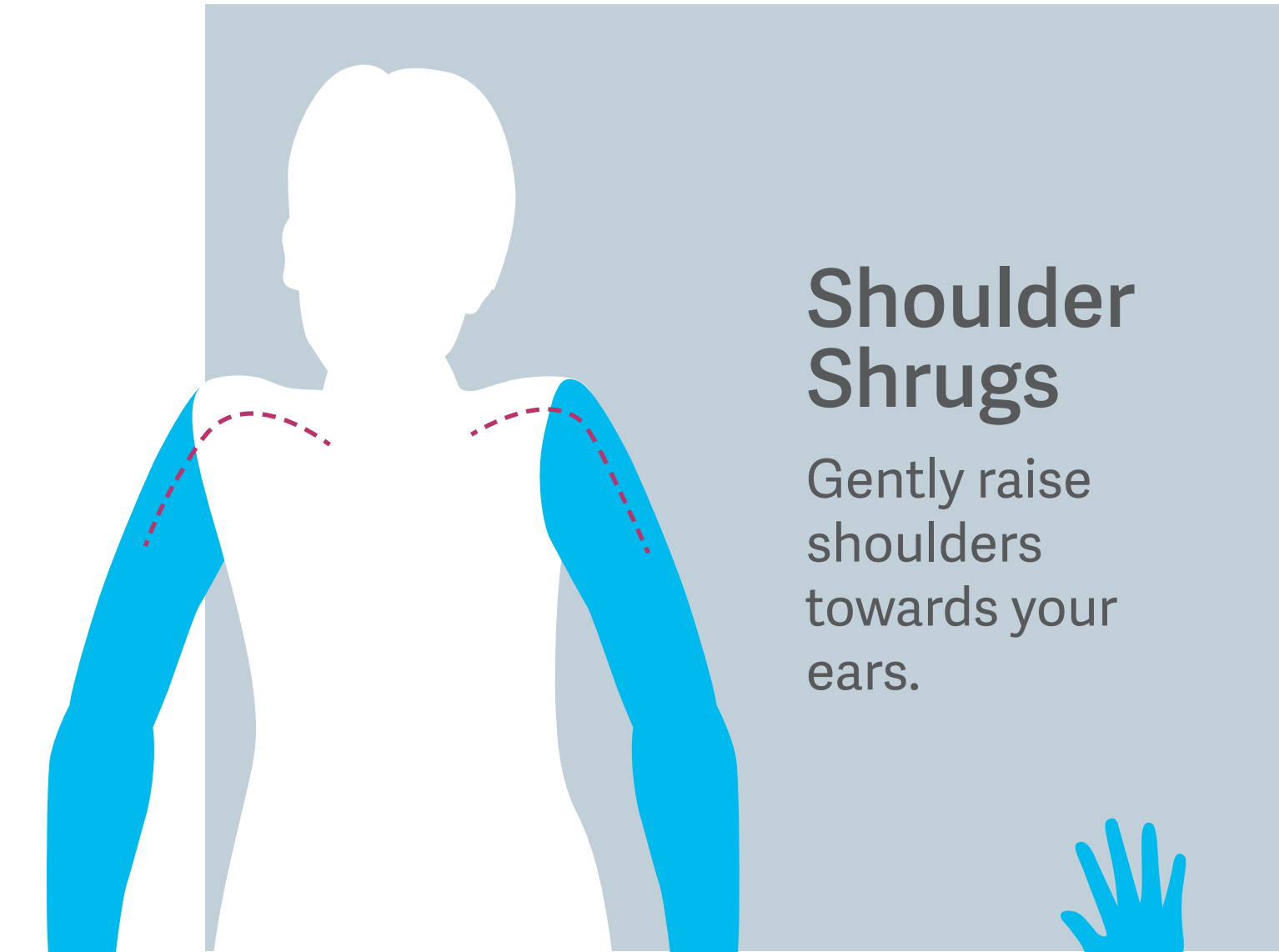
**Upper Body Stretch**  
With palms facing upward, raise  
and straighten arms above head.



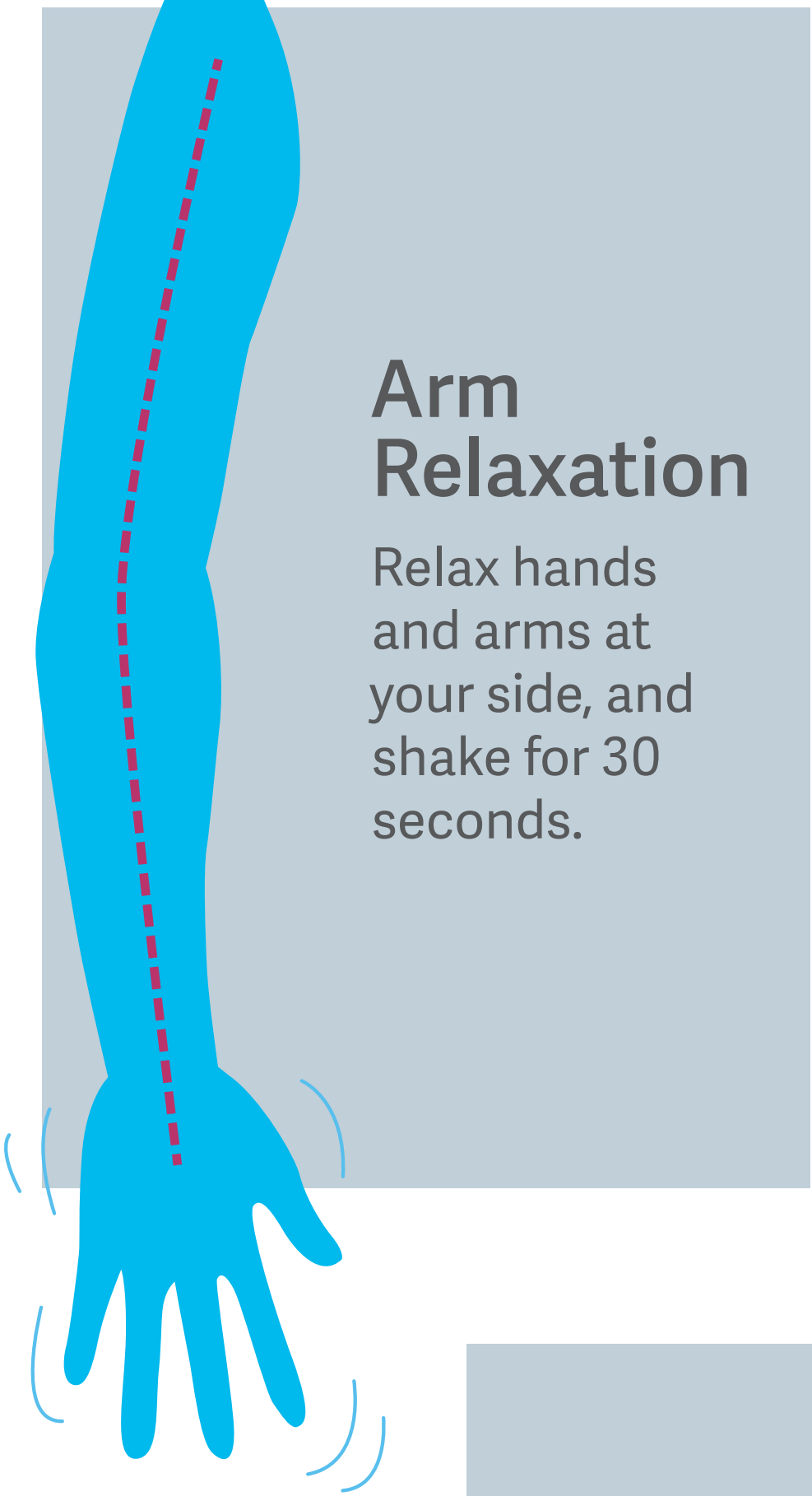
**Downward  
Wrist &  
Forearm  
Stretch**



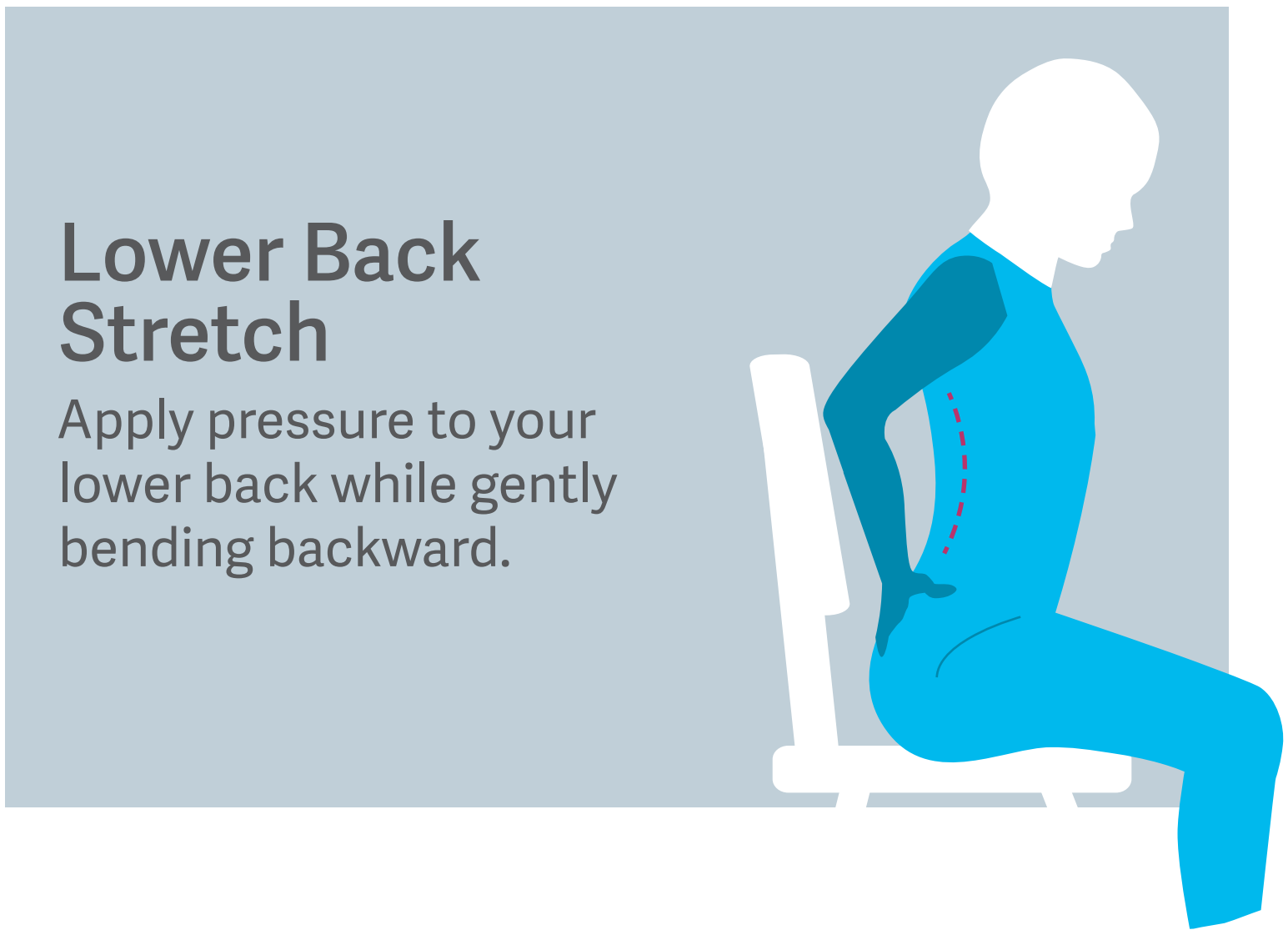
**Neck Tilt**  
Behind your  
back, hold one  
wrist with the  
other hand while  
tilting your head  
in the opposite  
direction.



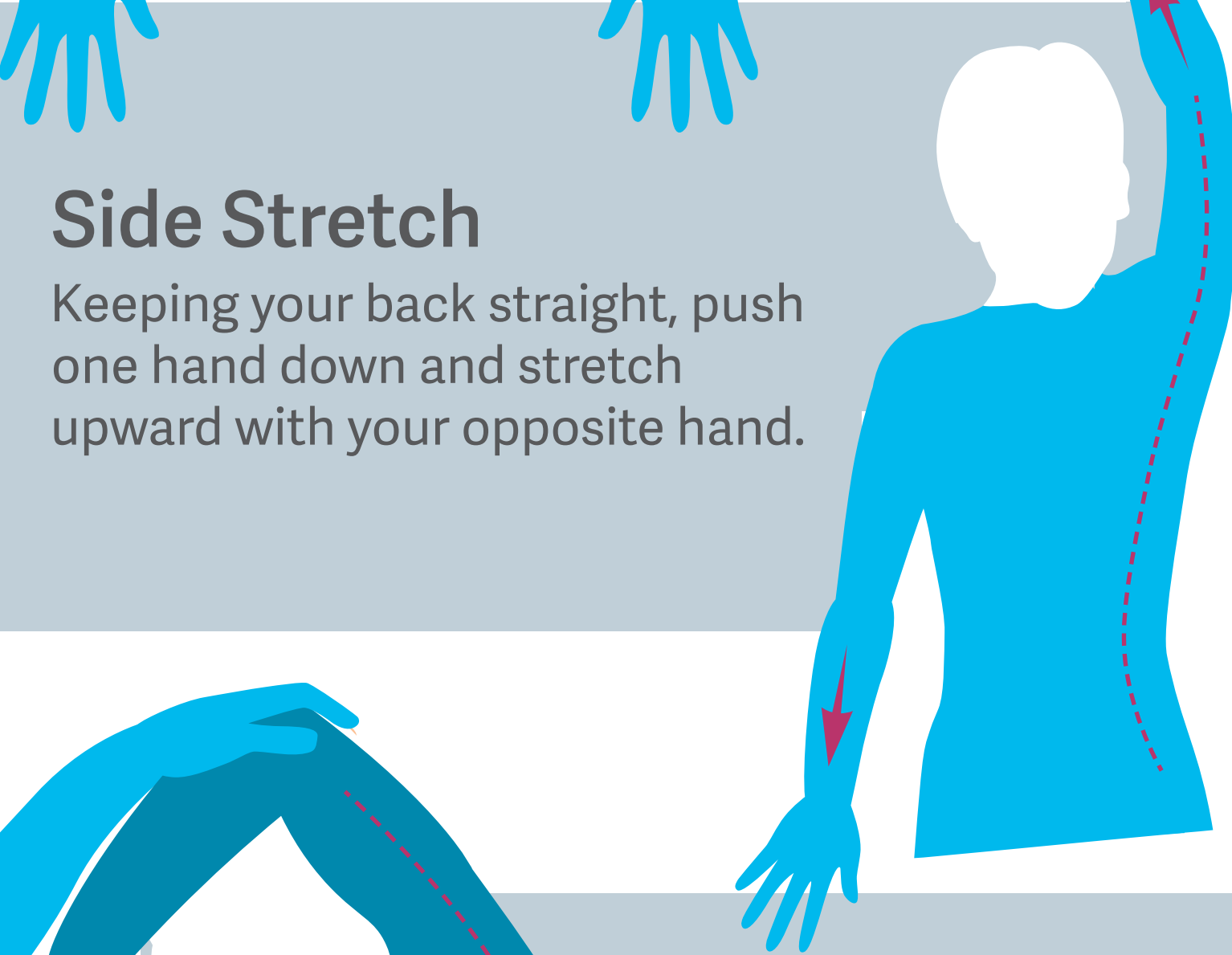
**Shoulder  
Shrugs**  
Gently raise  
shoulders  
towards your  
ears.



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



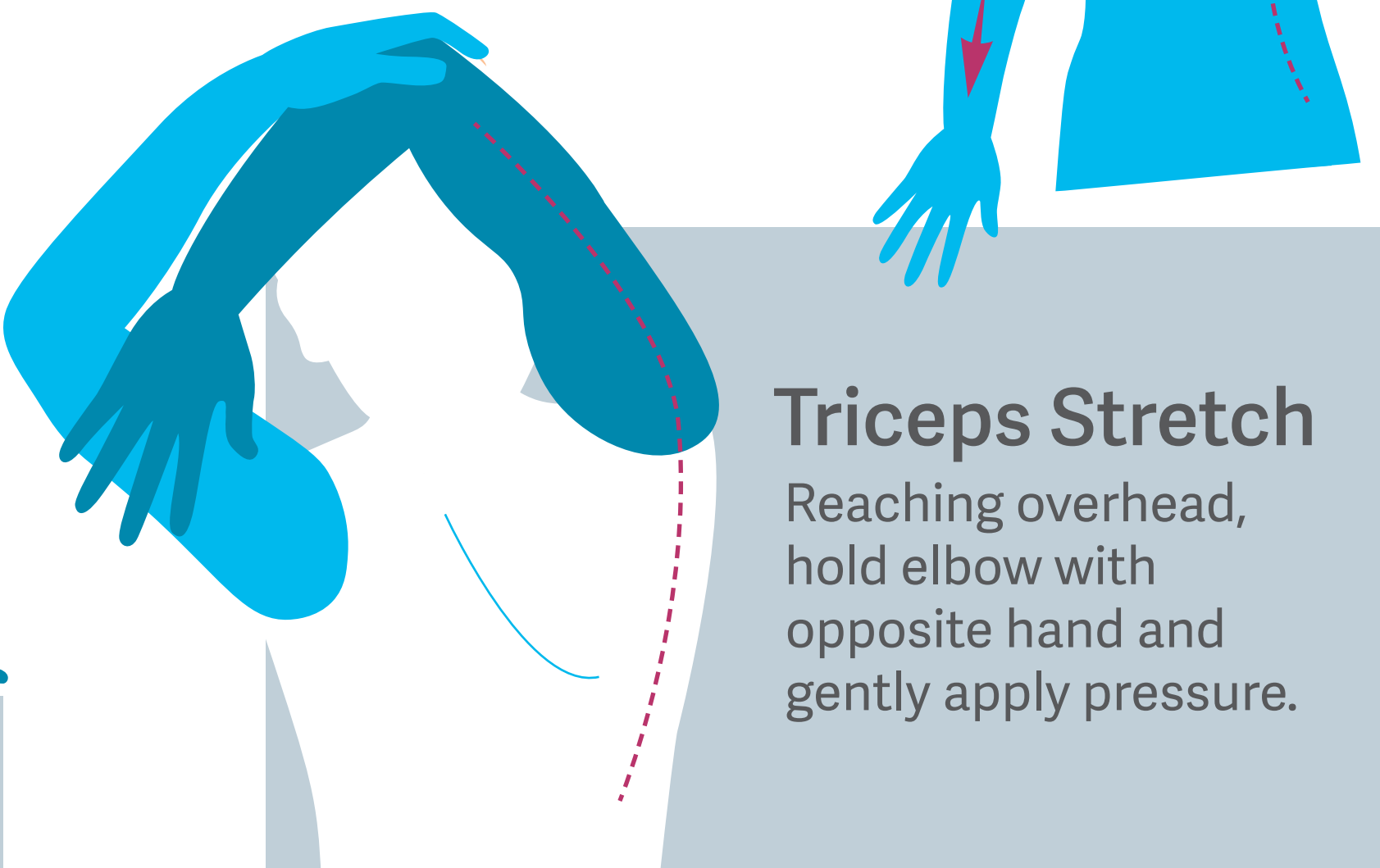
**Lower Back  
Stretch**  
Apply pressure to your  
lower back while gently  
bending backward.



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



**Back & Hip Stretch**  
Cross legs. Keep shoulders square while  
looking over your shoulder. Apply gentle  
pressure to top knee.



**Triceps Stretch**  
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.

Contact the Loss Control team  
at [losscontrol@bhhc.com](mailto:losscontrol@bhhc.com) for any  
questions.