

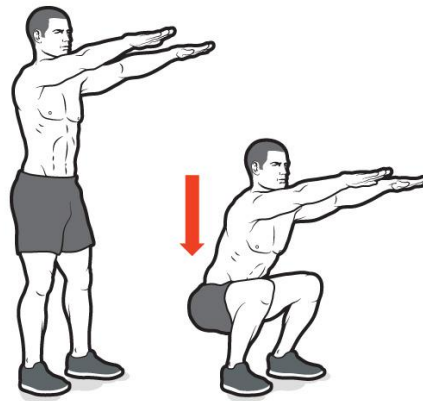


FULL BODY STRETCHES: LEGS

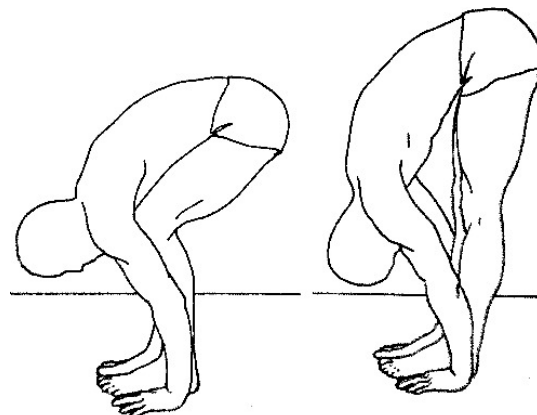
INTRODUCTION

No matter the industry or business, employees should be stretching their legs during the work day. Legs play an important role when it comes to lifting, moving, and other activities that require motion. Proper stretching of the legs can help in the reduction or elimination of work-related injuries. Below are suggested leg stretches that employees can perform before work begins, during breaks, and after their shift has ended.

Squats: Stand with your feet a little wider than shoulder-width apart. Your hips should be over your knees, and your knees should be over your ankles. Roll your shoulders back and down. Extend your arms out straight with your palms faced towards the floor (if it is more comfortable, pull your elbows close to your body and have your palms facing each other. Your thumbs should be pointing up). Start the squat by bringing your hips slightly back and bending your knees. Keep your shoulders upright and your back straight as you start descending into the squat. While going down, keep your head facing forward. Try to go as low as you can without feeling pain. Do 3 to 5 squats.



Standing Hamstring Stretch: Stand upright with your feet hip-width apart. Your knees should be slightly bent with your arms at your sides. Exhale as you bend forward, lowering your head in the direction of the floor. Keep your head, neck, and shoulders relaxed. Wrap your hands around the back of the legs (or you can let them hang) and hold 15 to 20 seconds. Bend your knees and slowly roll your upper body up into the original starting position. Repeat 2 to 3 times.

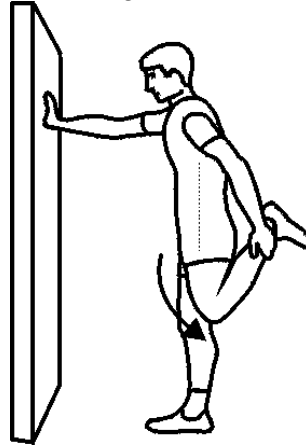




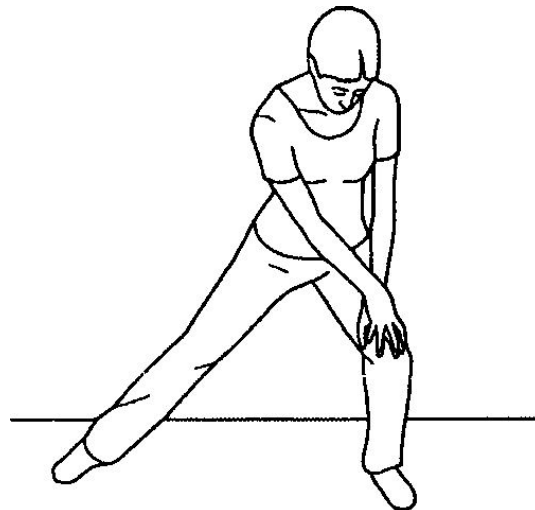
FULL BODY STRETCHES: LEGS

Standing Quad Stretch: Stand tall with your feet hip-width apart. Your back should be straight with your feet parallel. Reach back and grab either your left or right foot. Your thighs should be lined up next to each other. Your opposite leg should be in line with your hip, not behind you. You can use a wall or chair to help you balance if necessary. Hold for 10 to 30 seconds. Repeat with the opposite leg.

Note: If you find it hard to stretch while keeping your leg straight and not locking your knees, you can keep your knees next to each other. Allow the bent leg to come forward slightly and gradually progress to a position where the thigh of the bent leg is perpendicular to the floor.



Side (Groin) Stretch: Stand with your legs shoulder-width apart. Shift your weight to either your right or left side. Keep one leg straight while bending the opposite knee. Place the hand of the bent knee on your upper thigh or hip. Hold for 10 to 30 seconds. Shift to the opposite side and repeat. Repeat 3 times.



Remember to breathe while performing these stretches. You should only feel a mild tension in your muscles. If you start to feel any pain or discomfort, stop doing the stretch. If you feel the need, please consult your doctor about your ability to perform these stretches safely before attempting any of these stretches.