

Prevent back injuries; do a pre-shift stretching program.

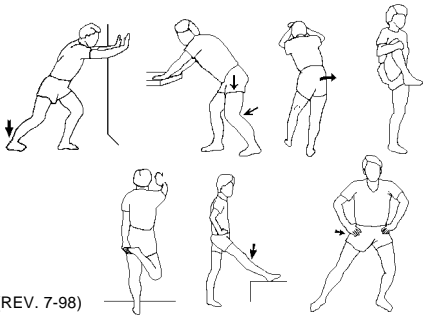
STRETCHES
BACK, SHOULDERS & ARMS



1. Stretch both sides.
2. Start slowly.
3. Hold each stretch 15 - 30 seconds.
4. Feel "stretch", not pain. Don't bounce!
5. Stretch each side 5 times.

KAISER PERMANENTE BACK FITNESS PROGRAM

STRETCHES HIPS, THIGHS & CALVES



93884 (REV. 7-98)