



WORK RIGHT REVIEW

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WHAT TO *STRETCH* WHEN YOU'RE EXPECTING

Pregnancy. At the end, you hold a beautiful new baby in your arms. But the 40 weeks prior to that day, you and your body are going through a lot of changes - physically, hormonally, and physiologically. Let us help you be **PREPARED** for your work day! Stretching has many benefits during pregnancy including increased flexibility, reduced stress, reduced back pain, and reduced risk of hypertension.

BY ANDREA JERVINIS, ATC

STRETCHES FOR ALL STAGES OF PREGNANCY (HOLD FOR AT LEAST 20 SECS AND DO ON BOTH SIDES)



BACK EXTENSION



SCIATIC NERVE MOBILIZATION



HIP FLEXOR STRETCH



HIP ADDUCTOR STRETCH



SEATED FIGURE 4

**WANT TO READ MORE?
SCAN THE QR!**

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.



QUESTIONS ABOUT THESE STRETCHES?

ASK YOU ONSITE INJURY PREVENTION SPECIALIST!