

# PREPARED

Principles of Prevention

P: Pre-Shift Warm Up

## LOW BACK BASIC 5



STANDING  
EXTENSION  
STRETCH

Hold 5 sec,  
repeat 5-10x

STANDING  
FIGURE 4  
STRETCH

Hold 20 sec,  
repeat 1-2x

STANDING  
SIDE STRETCH

Hold 20 sec,  
repeat 1-2x

STANDING HIP  
FLEXOR  
STRETCH

Hold 20 sec,  
repeat 1-2x

STANDING  
HAMSTRING  
STRETCH

Hold 20 sec,  
repeat 1-2x



YouTube Video

The goal for micro-stretch breaks is to decrease the tension that is placed on the body related to the repetitive nature of your job. In an effort to keep tension from developing, it is good practice to perform micro-stretch breaks frequently throughout the workday.