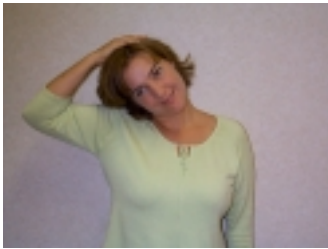




FEEL THE DIFFERENCE!

Sibley & Associates wants you to have a safe and healthy work experience. Please try these stretches on a regular basis and *feel the difference!*

Warming up before beginning work each day, as well as at lunch and breaks, will help the body stay fit and healthy!



NECK SIDE FLEXION

Drop your ear towards your shoulder. Keep head straight. Feel a stretch at the side of your neck.



ARM ACROSS BODY

Keep shoulders down and relaxed, pull arm across body and feel the stretch in the upper back.



FLEXOR STRETCH

Hold hand, gently push hand down to feel stretch in upper forearm



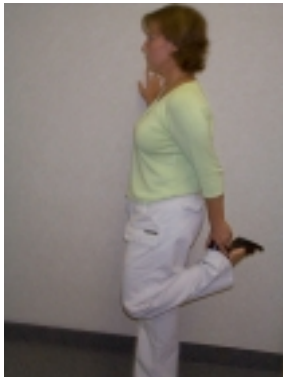
EXTENSOR STRETCH

Hold hand, gently pull hand up to feel stretch in lower forearm.



HAMSTRING STRETCH

Place one foot ahead, keep leg straight and toes up, feel a stretch in the back of your leg.



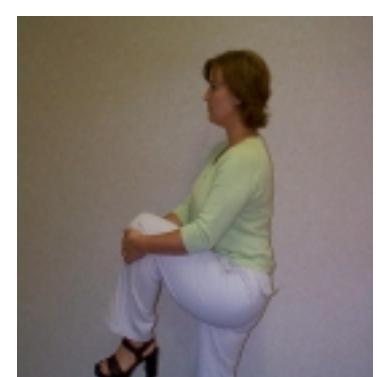
QUADRICEP STRETCH

Bend one knee and grasp ankle. Feel the stretch in the front of the leg.



BACK STRETCH

With hands on hips, stretch back and feel a stretch in your low back.



LOW BACK STRETCH

Bring your knee up towards your chest, feel the stretch in your low back.

GENERAL DIRECTIONS:

- Achieve each position slowly
- Hold each position for 15 to 30 seconds, NO BOUNCING
- You should feel tightness, never PAIN
- If you experience PAIN, stop and check with your doctor
- When necessary, repeat to both sides of your body
- Do not hold your breath during exercises

