

## Spinal & Lower Extremity Warm-up

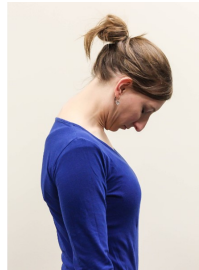
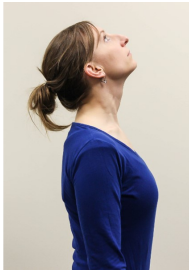
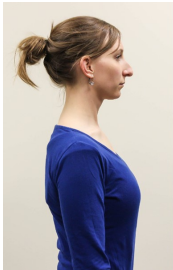
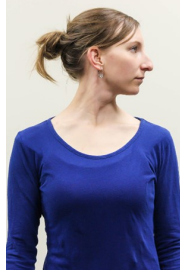
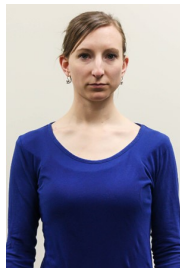
When should the work warm-up be completed?

⇒ At the beginning of the shift

### Warming up the neck:

Gently rotate the neck to each side and look up and down

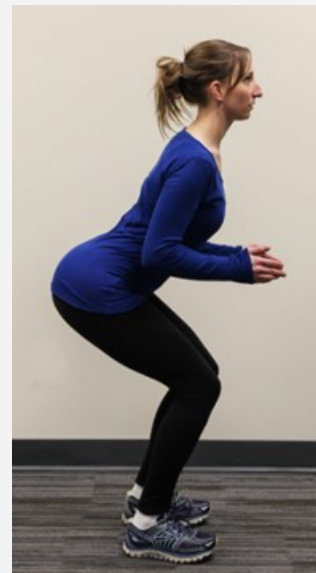
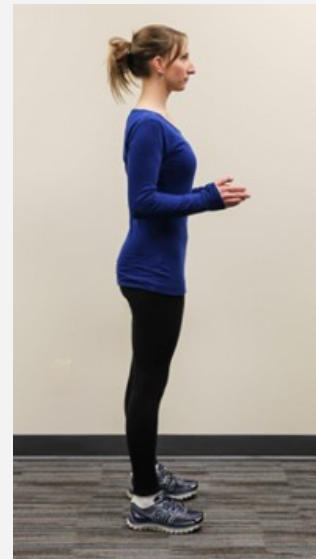
Repeat 2-3 times each direction. Keep neck extension range small.



### Warming up the spine and legs:

Low intensity squats while maintaining the S-shaped spinal curve

Repeat 5 to 10 times

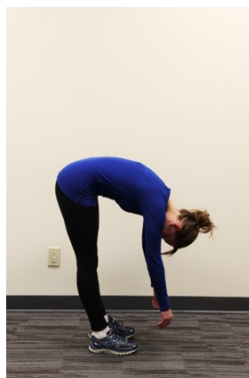
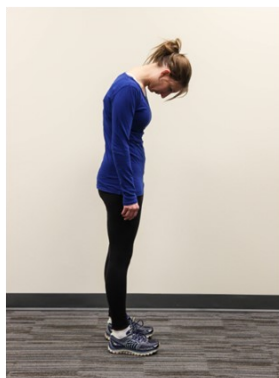
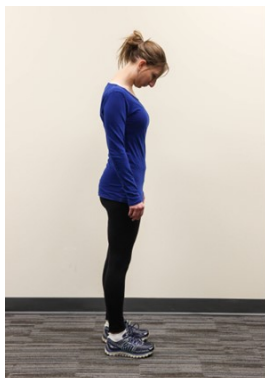


### Warming up the lower back:

#### Forward Back Bends

Slowly bend each joint downward as far as is comfortable. Repeat 3-4 Times.

Hold the downward position if desired.

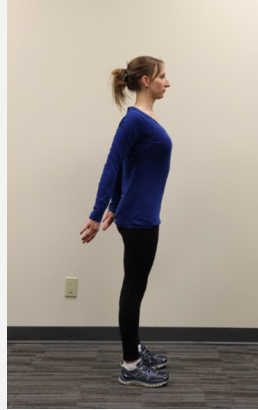
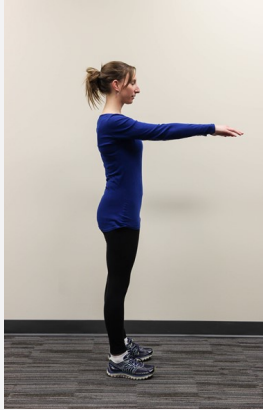


## Warming up the arms and legs

### Warming up the shoulders

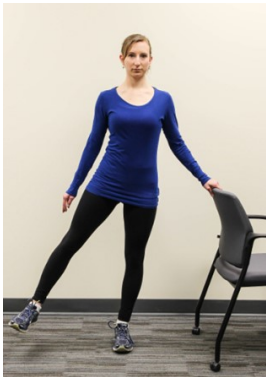
Gently swing the arms forward and back 5-10 times

#### Shoulder Swings



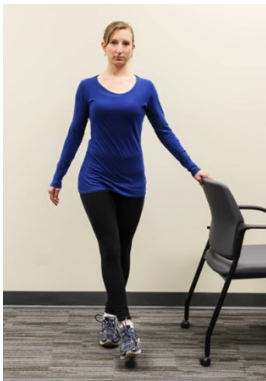
### Warming up the legs

#### Leg Swing Lateral

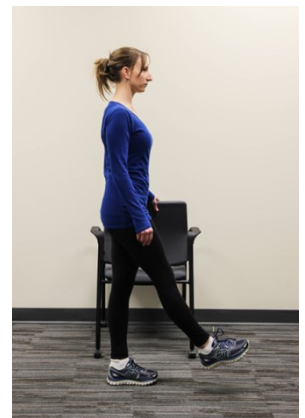
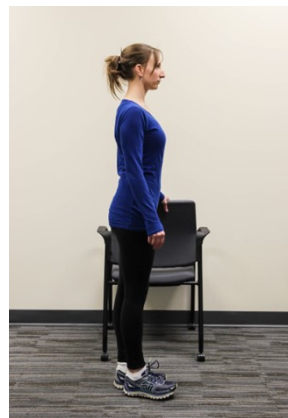
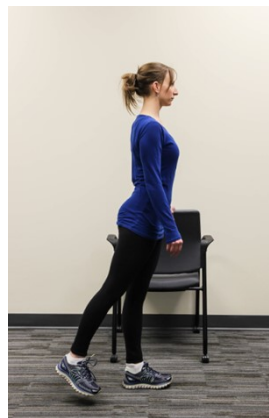


Gently swing the leg side to side and forward and back.

Repeat 5 to 10 times each direction



#### Leg Swing Forward



### Why Perform a

- To get blood flowing to the muscles to deliver oxygen and nutrients
- To warm the muscles to make them more flexible to prevent injury
- To raise your body temperature and get your heart pumping in preparation for work
- To lubricate the joints for ease of movement
- To mentally prepare for the workout.