
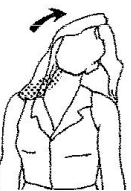






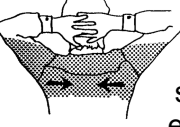


Start your Shift Stretching

81.9% of bus drivers experience lower back pain (Park, 1997). Regular stretching can improve flexibility, and reduce pain and muscle weakness (Renan-Ordine, et al., 2011). Complete each stretch **3-5 times a day**, holding for **~15 to 45 seconds** on each side. During your breaks, remember to **walk!**


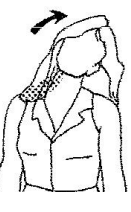







 <p>Arm reach: Reach above your head, interlock your hands together, turn your elbows in and press up.</p>	 <p>Neck bend: Look straight ahead; tilt your head, moving your ear towards your shoulder.</p>	 <p>Neck rotation: Look back over one shoulder for 5 seconds; repeat on other side.</p>
 <p>Shoulders: Bring one arm across your chest and use your other hand to increase the stretch.</p>	 <p>Upper back: Extend arms in front, palms inward, fingers interlocked. Round upper back and drop chin to chest.</p>	 <p>Shoulder shrug and roll: Move shoulders up, back, down and around in a circular motion 5 times.</p>
 <p>Chest: Place your hands on your low back and gently lift your chest up. Keep your chin level and shoulders rolled back and down.</p>	 <p>Pelvic tilts: Shift hips side to side so buttock is lifted slightly. Then tilt forward and backward.</p>	 <p>Chest: Interlock fingers behind head. Squeeze shoulder blades pull elbows back.</p>

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Holmes, T. (2004). Simple exercises to prevent driving pains. Retrieved from <http://www.schoolbusfleet.com/>; Park, S.Y. (1997). A study of risk factors related to back pain in bus drivers. *Kautpt*, 4, 18–35; Renan-Ordine, R et al. (2011). Effectiveness of myofascial trigger point manual therapy combined with a self-stretching protocol for the management of plantar heel pain: a randomized controlled trial. *Journal of Orthopaedic and Sports Physical Therapy*, 41(2), 43-50.

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