

Exercises for Drivers

Tips

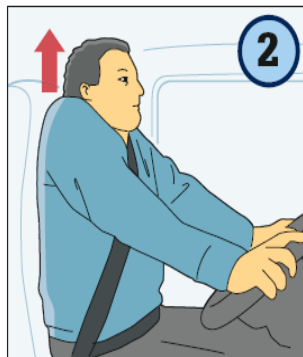
- Adjust mirrors so your in a more upright position
- During brakes go for a walk or perform a gentle exercise routine
- Perform exercises whilst driving to avoid the body stiffening up and improve circulation.
- Gentle movement helps lubricate joints and bring nutrients to spinal discs.

Exercises

Simple exercises to perform whilst in and outside the cab.



Roll your shoulders back in a large circular motion to release tension and increase blood circulation. Repeat several times.



a) Raise your shoulders up towards your ears and breathe in at the same time. Hold for three seconds.



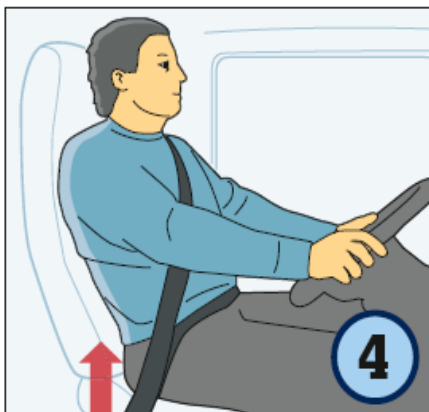
b) Drop your shoulders and breathe out at the same time. Lower and push your shoulder blades together for three seconds. Repeat a few times.



c) Pull your chin in to loosen up your neck. Repeat a few times.



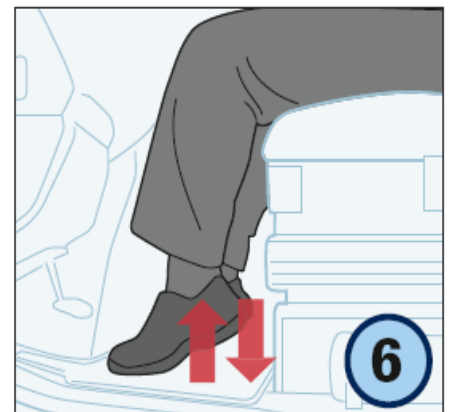
Open your mouth wide a few times to loosen up your jaws, then move your lower jaw from side to side.



Tighten your buttock muscles so that you rise up from the seat. This relieves and increases the flow of blood. Relax and drop down. Repeat a few times.



Bend and arch your lower back to limber up. Repeat a few times.



Engage cruise control and move your feet up and down to warm up. This is to prevent blood clots in your veins.



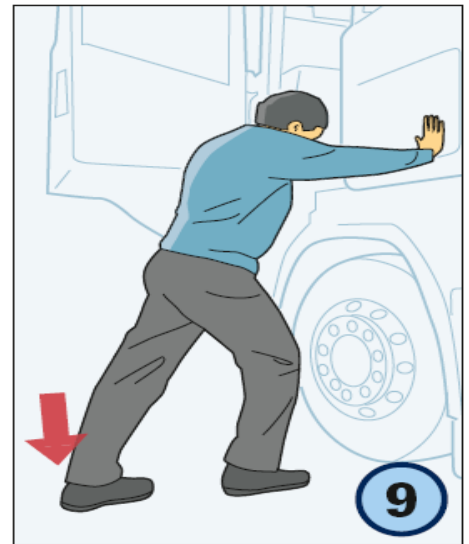
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Place the palm of one hand against the inside of the door. Turn your body away from your arm, so that it stretches at the front of the shoulder. Change sides. Hold for 15-30 seconds for each exercise. Repeat several times.



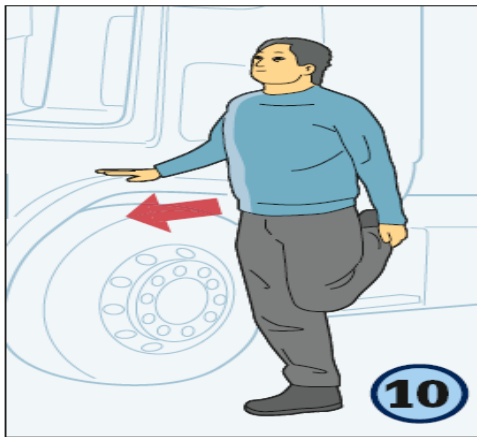
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a) Place one heel on the boarding step, gently bend your knee.
b) Place your hands on your back. Bend forward over your leg, keeping your back straight so that the back of your leg stretches. Change sides. Hold for 15-30 seconds for each exercise. Repeat several times.



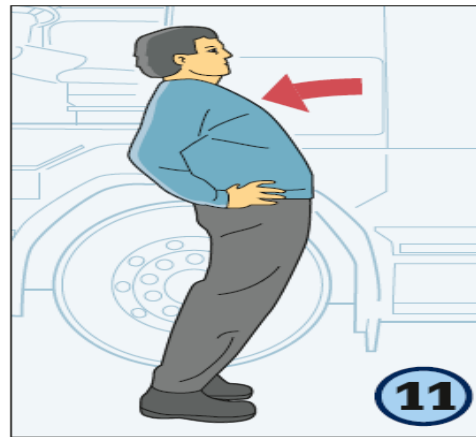
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Bend forward with your hands against the cab. Move one foot back. Push your heel down so that you feel tension in your calf muscle. Change sides. Hold for 15-30 seconds for each exercise. Repeat several times.



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Grab your ankle, keep your knees together and push your hip forward. You can feel the tension in your thigh and the front of your hip. Change sides. Hold for 15-30 seconds for each exercise. Repeat several times.



11

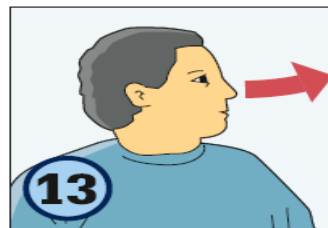
Place your hands below the curve of your back. Gently bend backward as far as possible. Repeat 5-10 times.



12



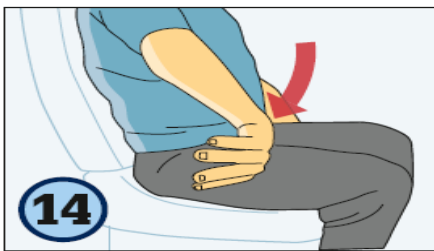
Lean your ear down towards your shoulder, and feel the tension in your neck muscles. Change sides. Hold for 15-30 seconds.



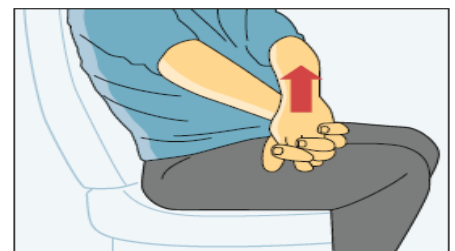
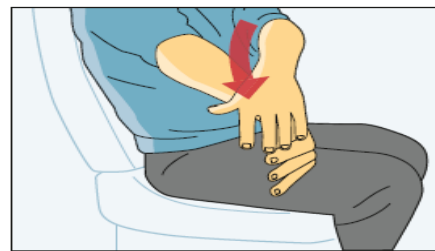
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Turn your head gently as far as you can to the left and right.



14



Turn your hand backward/outward. Grip with your other hand and pull upward. Change sides.