



PARTNERING WITH TOWNSHIPS

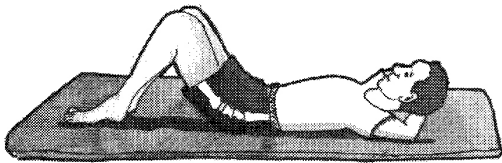
TOWNSHIP OFFICIALS OF ILLINOIS RISK MANAGEMENT ASSOCIATION

RISK REMINDER

Back Exercises

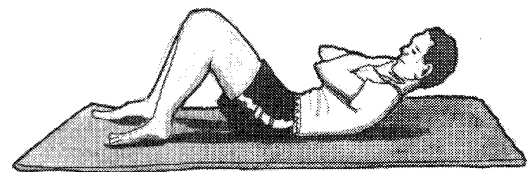
Back exercises strengthen the back and help protect you from accidental injury. Do these exercises daily and you'll be doing your back a favor.

**Making
your BACK
work for
YOU!**



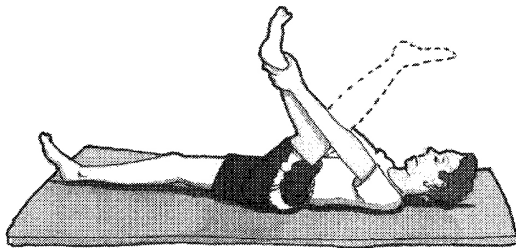
Pelvic Tilt

- Lie on your back with knees bent and feet flat on the floor.
- Slowly tighten your stomach and buttocks as you press your lower back into the floor.
- Hold for 10 seconds and relax.
- Repeat the sequence 5 to 20 times.



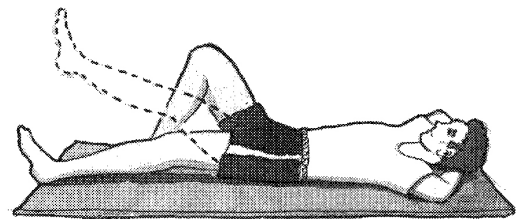
Bent-Knee Sit-Ups

- Lie on your back with knees bent, feet flat and your lower back pressed into the floor (pelvic tilt).
- Cross your arms across your chest (or lace your fingers behind your head).
- Tighten your stomach muscles and slowly raise your shoulders off the floor. Do not curl your head forward.
- Hold for 10 seconds then return to your starting position.
- Repeat 5 to 10 times.



Hamstring Stretch

- Lie on your back with one leg straight in front of you and the other bent.
- Press your lower back into the floor.
- Pull the knee of the bent leg as far into your chest as you can.
- Holding the ankle of the bent leg, slowly try to straighten the leg.
- Hold for 10 seconds and relax.
- Repeat 5 to 10 times.
- Repeat the sequence with the other leg.



Leg Lift

- Lie on your back with one leg straight in front of you and the other bent.
- Press your lower back into the floor.
- Slowly raise the straight leg as far as you can.
- Hold for 10 seconds and relax.
- Repeat 5 to 10 times.
- Repeat the sequence with the other leg.

For more information, contact your Loss Control Consultant at (888) 562-7861

CLAIM REPORTING HOTLINE (844) 562-2720 | Available 24/7