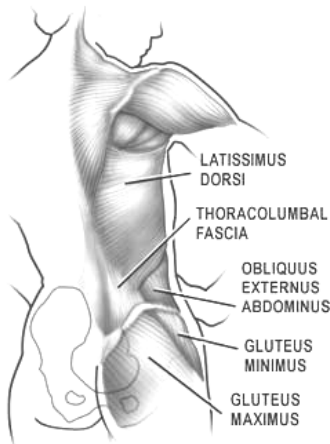


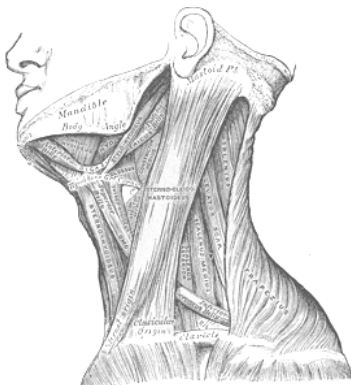
## Back Safety – *Healthy Back & Neck*

The muscular balance of a strong, yet flexible support structure, is one of the major components of creating an exercise program for both the lower and upper back. Such exercises are designed to reduce strain and imbalance, improve posture and positioning, increase range of motion, and strengthen the muscles that support the neck.



The key to muscular balance and strength in the lower back (pictured at left) is to add flexibility and strength to the support muscles – Latisimus Dorsi, Thoracolumbal Fascia, Oblique External Abdominus, Gluteus Minimus & Gluteus Maximus.

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The key to muscular balance in the upper back/neck involves: Strengthening the Trapezius muscle (it gets over-stretched with daily living activities), strengthening the Rhomboids (they get weak with poor posture) and strengthening the Sternomastoid muscles that help control movement of the head.

Remember, when exercising:

- Consult a physician before you begin any exercise program – or - if you develop neck or back pain, numbness or tingling in your arms or legs, or for any other symptoms that concern you while exercising.
- Maintain the natural curves of your back during all activities.
- Use proper lifting techniques and body mechanics.