Stretches for Truck Drivers – Back and Legs

Never perform stretches while operating vehicle. Stretching should be slow and controlled movements. Always stretch to a level of comfort only. Hold each stretch for a slow count of 10. Never bounce, jerk, or cause pain while stretching. If you have any health concerns that may limit your ability to safely perform stretching exercises, consult your physician before participation in a stretching program.

**Hamstring & Hip** – Sitting back in your seat, raise your knee to your chest.
- Grab your shin with both hands, gently pulling your knee closer to your chest. You will feel stretching in the back of your leg and your hip.
- Repeat stretch with other leg.

**Hamstring** – Begin sitting on your sleeper bed or other suitable stable surface.
- Stretch your leg in front of you with your toes pointing up.
- Reach both hands toward your toes gently, keeping your leg straight. You do not have to touch your toes. You will feel stretching in the back of your leg.
- Repeat stretch with other leg.
Hamstring, Calf & Back – Standing in your sleeper between the seats or outside of your truck on firm level ground.
- Step your right foot straight forward 6”-10” so your right heel and left toes are in line with each other.
- Lift the toes on your right foot toward the roof.
- Gently lean forward toward your right foot.
- As you stretch, let your arms hang down toward your foot. You will feel stretching in the back of your leg and your back.
- Repeat steps using opposite foot.

Hamstring & Calf – Standing between the seats, or outside of your truck on firm level ground.
- Place your hand on the overhead compartment or other solid surface at chest level.
- Step forward with your right foot.
- Keep your toes on the back foot facing forward.
- Maintain a straight line of your head, back, hips, and back leg.
- Lean forward toward your hands. You will feel stretching in the back of your leg.
- Repeat steps using opposite leg.

Calf – Standing in your sleeper, or outside of your truck on firm level ground.
- Place your foot against a solid object or wall with your heel on the floor and toes pointing up.
- Gently lean forward, keeping your heel on the floor. You will feel stretching in the back of your leg.
- Repeat steps with other leg.
Our safety evaluations, reports and recommendations are made solely to assist your organization in reducing hazards and the potential of hazards and accidents. These recommendations were developed from conditions observed and information provided at the time of our visit. They do not attempt to identify every possible loss potential, hazard or risk, nor do they guarantee that workplace accidents will be prevented. These safety evaluations, reports and recommendations are not a substitute for ongoing, well-researched internal safety and risk management programs. This report does not warrant that the property inspected and its operations are compliant with any law, rule or regulation.

**Quadriiceps** – Standing in your sleeper, or outside of your truck on firm level ground.
- Stabilize yourself by holding onto something solid, such as the seat or a wall.
- Standing on your right leg, lift your left heel toward your back.
- With your left hand, grab your left foot.
- Gently pull your heel towards your back. You will feel stretching in the front of your leg.
- Repeat stretch with other leg.

**Calves** – This exercise can be completed while sitting in your seat.
- Place both feet flat on the floor and your legs at a 90 degree angle.
- Raise your heels off of the floor, flexing your calf muscles.
- Repeat stretch 3-5 times.

**Calves** – Standing in your truck or on firm level ground.
- Stabilize yourself by holding onto something solid such as the seat or a wall.
- Place feet flat on the floor with your legs straight.
- Raise both your heels off of the floor, flexing your calf muscles.
- Repeat stretch 3-5 times.
Chest, Shoulders & Calves – Stand facing a solid surface, such as your cab, trailer, or wall.

- Place your hands on the surface shoulder width apart.
- Keeping your legs straight, lean forward against your cab as if you were doing a push-up.
- Maintain a straight line of your head, back, hips, and legs. You will feel stretching in your chest, shoulders, and calves.