

## Work Hardening

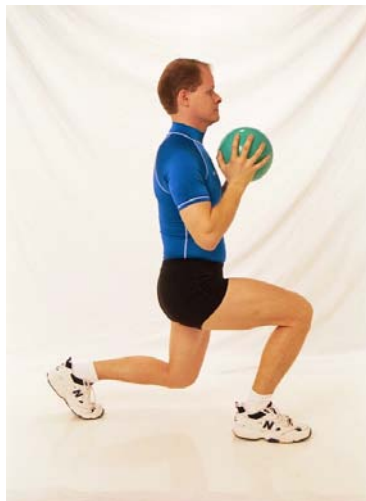
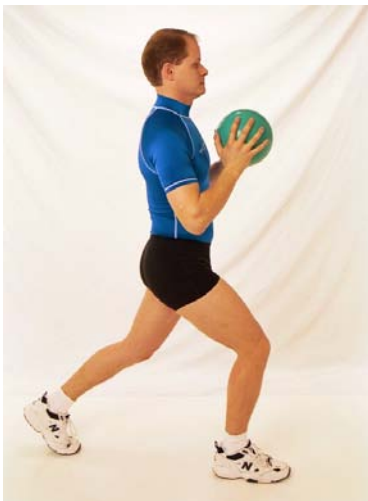
The Reach:



Hip pivot with a neutral lumbar spine position, counter-balanced with the alternate leg.



Reach across as above, but be careful not to rotate and flex the low back. Primary motion comes from the hips.



Deep lunge in place, or “giant stride” with forward and backward movements.

Push the weight overhead.