

Stretch Don't Strain

Field Routine 1



The Stretch Don't Strain Program is an on-site 10-15 minute daily stretching routine. The stretches diagramed can prepare the body for everyday work stresses. This is done by stretching and strengthening specific muscles commonly associated with strains, sprains and ergonomic injuries. If performed correctly and on a regular basis, these simple stretches may reduce the incidences of common muscle injuries.

Initially, your safety officer/coordinator should conduct an introduction to the program and overview of strains and sprains. Subsequently, a designated Trainer should then lead the daily stretching program, at the start of the shift, by using the examples provided.

Stretching Guidelines

- If you have questions about your ability to perform any stretch, consult your physician or Health Coach.
- Make sure muscles are appropriately warmed up before you stretch.
- Stretch at least 5–7 days per week and stretch all major muscle groups.
- Don't bounce. Stretch in a smooth movement to avoid injury. Minimize movement of other body parts during stretching.
- Hold stretches for 15–30 seconds. Stretch to the limit of movement, not the point of pain.
- Keep your breathing slow and rhythmic while holding stretches.
- Stretch the muscles in various positions to improve range of motion.
- Maintain soft joints. Do not lock knees, elbows, etc.

Upper Body



SIDE BENDING NECK STRETCH

In a standing position, with shoulders relaxed, reach right ear to right shoulder. Hold for 10-15 seconds then return head to a neutral position. Repeat 2-4 times on each side. Muscles stretched: Upper Trapezius, Levator Scapulae



FORWARD ROTATION NECK STRETCH

In a standing position, place right hand behind neck. With shoulders relaxed, turn head 45 degrees to the left and tip head forward and down toward left hip. Hold for 15-30 seconds, then return to a neutral position. Repeat twice on each side. Muscles stretched: Levator Scapulae



NECK FLEXION

In a standing position, with shoulders relaxed, tip head forward to chest. Hold for 10-20 seconds. Repeat 2-4 times. Muscles stretched: Upper Trapezius



WRIST FLEXION

Extend left arm with palm facing down. Grasp fingers of left hand with right hand. Gently pull left hand towards body while keeping left arm straight. Hold for 15-30 seconds. Repeat 2-4 times on each side. Muscles stretched: Extensors of the arms



STRAIGHT ARM SHOULDER STRETCH

Raise right arm to shoulder height. Grasp right elbow with left hand and pull arm across body. Hold for 20-30 seconds. Repeat 2-4 times on each side. Muscles stretched: Deltoids



WRIST EXTENSION STRETCH

Extend left arm with palm facing away. Grasp fingers of left hand with right hand. Gently pull left hand towards body while keeping left arm straight. Hold for 20-30 seconds. Repeat 2-4 times on each side. Muscles stretched: Palmaris Longus, Flexors of the arm.

Lower Body



GLUTEUS STRETCH

In a standing position lift right leg and bend knee towards chest. Hold for 15-30 seconds. Repeat 2-4 times on each leg. Muscles Stretched: Gluteus Maximus, Erector Spinae, Lower Latissimus Dorsi



STANDING QUADRICEPS STRETCH

In a standing position bend right leg at knee and hold ankle or foot with right hand. Keep body and hips straight while pulling right heel towards buttocks. Hold for 15-30 seconds. Repeat 2-4 times on each side. Muscles Stretched: Quadriceps



IT BAND STRETCH

In a standing position, cross right foot in front of left. Lean towards right side and hold for 15-30 seconds. Repeat 2-4 times on each side. Muscles Stretched: IT Band



STANDING HAMSTRING STRETCH

Stand and cross your right foot in front of your left. Slowly lower your forehead to your right knee by bending at the waist. Keep both knees slightly bent. Hold this position for 15 to 30 seconds. Relax. Repeat for the other side by crossing your left foot in front of your right. Repeat 2-4 times on each side. Muscles Stretched: Hamstrings