The Stretch Don’t Strain Program is an on-site 10-15 minute daily stretching routine. The stretches diagrammed 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.
- 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.

**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.

**NECK FLEXION**
In a standing position, with shoulders relaxed, tip head forward to chest. Hold for 10-20 seconds. Repeat 2-4 times.

**WRIST FLEXION**
Extend left arm in front of you with wrist bent, fingers pointed down. Grasp fingers of left hand with right hand. Gently pull left hand toward body while keeping left arm straight. Hold for 15-30 seconds. Repeat 2-4 times on each side.

**STRAIGHT ARM SHOULDER STRETCH**
Raise right arm to shoulder height in front of you. Grasp above right elbow with left hand and pull arm across body. Hold for 20-30 seconds. Repeat 2-4 times on each side.

### Lower Body

**GLUTEUS STRETCH**
In a standing position lift right leg, grasping under thigh, and bend knee toward chest. Hold for 15-30 seconds. Repeat 2-4 times on each leg.

**IT BAND STRETCH**
In a standing position, cross right foot in front of left. Lean toward right side and hold for 15-30 seconds. Repeat 2-4 times on each side.

**STANDING QUADRICEPS STRETCH**
In a standing position, keeping thighs together, bend right leg at knee and hold ankle or foot behind you with right hand. Keep body and hips straight while pulling right heel toward buttocks. Hold for 15-30 seconds. Repeat 2-4 times on each side.

**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 15-30 seconds. Relax. Repeat for the other side. Repeat 2-4 times on each side.

Questions? Reach out to the Wellness Council of Arizona challenges@welcoaz.org | (520) 293-3369