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.
### Neck

**CHAIR ASSISTED NECK STRETCH**  
Sitting in your chair, reach down and grab the side of the chair with the right hand and gently pull while tilting your head to the left, feeling a stretch down the right side of the neck and shoulder. Hold for 10-30 seconds and repeat on the other side. Repeat 3 times on each side.

**FORWARD NECK ROLL**  
While seated, turn your head so that you are looking toward your right and your chin is even with or slightly in front of your right shoulder. Roll your head down in front of you slowly and bring it around so that your chin is now even with or slightly ahead of your left shoulder. Continue rolling your head from right to left in front of your body for 8-10 repetitions.

### Upper Back

**SEATED SPINAL TWIST**  
Sit up straight on your chair. Place your feet on the ground and place your hands on the left side of your chair. Using your arms, twist, pulling yourself toward the left side of the chair. Take approximately 8-10 breaths and then switch sides. Repeat this 3 times on each side.

**COW/CAT STRETCH**  
Sit up straight, place your feet flat on the floor, and rest the palms of your hands on top of your desk or knees. Inhale, arch your back and look up, pulling your shoulders back as you do so. When you exhale, round your spine, pull the shoulders toward each other at the front of the body and drop your head toward your chest. Hold for 15 seconds in each pose. Repeat 3 times.

### Wrist

**DESKTOP WRIST FLEXION STRETCH**  
Sit up tall and move your arms over the top of your desk out in front of you. Curl your hands underneath your arm like a hook and lower them to your desk. Once they touch the desk roll them forward slowly until you feel a stretch in your wrist. Hold for 15 seconds. Repeat 3 times.

**DESKTOP WRIST EXTENSION STRETCH**  
While seated scoot your chair out a few feet from your desk and extend your arms in front of you. Extend your fingers up so that your palms are facing away from you, and scoot yourself toward your desk until your fingertips are touching the edge. Push yourself slowly forward until you feel a stretch in your wrist. Hold for 15 seconds. Repeat 3 times.

Questions? Reach out to the Wellness Council of Arizona  
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