

Stretch Don't Strain

Field Routine 2



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



JAW WARM-UP

Keep lips together and place tongue against roof of mouth. With tip of tongue against roof of mouth, slowly open mouth without overextending. Repeat 2-4 times. Muscles stretched: Masseter.



NECK ROTATION

In a standing position, gently rotate the head, to the left and right, with the chin adjacent to the shoulder. Repeat 2-4 times Muscles stretched: SCM



UPPER BACK STRETCH

In a standing position, grip your hands together, put your hands out in front of you until arms are straight, keeping your back upright, tuck your chin to your chest and keep pushing your hands in front of you. Hold for 30 seconds. Repeat 2-4 times. Muscles Stretched: Rhomboids, Deltoids and Trapezius.



CHEST STRETCH

Standing with legs hip distance apart, interlace fingers behind back. Slowly lift arms away from body. Hold for 15-30 seconds repeat 2-4 times. Muscles stretched: Pectoralis Major and Deltoid.



TRICEPS STRETCH

Raise right arm behind head and neck. Hold right elbow with left hand pull towards head. Hold for 15-30 seconds. Repeat 2-4 times on each side. Muscles stretched: Deltoid and tricep



BENT ELBOW SHOULDER STRETCH

Raise right arm to shoulder height, bend elbow, grasp right elbow with left hand and pull arm across body. Hold for 15-30 seconds. Repeat 2-4 times on each side. Muscles stretched: Trapezius, Deltoid

Lower Body



STANDING SIDE BEND STRETCH

Start with feet shoulder width apart and arms by side. Raise arms to the side at shoulder level. Slowly bend to the right, keeping hips in a forward facing position. Rest right arm on body and extend left arm upwards. Hold for 15 seconds. Repeat twice on each side. Muscles Stretched: Quadratus lumborum.



STANDING ADDUCTOR STRETCH

Stand with legs about 3 feet apart. Turn left foot out 90 degrees. Slightly bend left knee. Lower right hip toward floor. Keep knee above ankle. Hold for 15-30 seconds. Repeat 2-4 times on each side. Muscles Stretched: Adductor brevis, Adductor Longus, Adductor Magnus.



STANDING KNEE FLEXOR/HIP ADDUCTOR

In a standing position with legs apart, bend trunk forward and reach arms behind knees. Hold for 15-30 seconds. Repeat 2-4 times. Muscles Stretched: Gluteus Maximus, Hamstrings, Adductors



STANDING CALF STRETCH

Standing with toes pointed straight, bring right leg back. Bend left leg until a stretch is felt in the calf. Hold 15-30 seconds. Repeat 2-4 times on each side. Muscles Stretched: Gastrocnemius.