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

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.

NECK ROTATION
In a standing position, gently rotate the head to the left and right, toward each shoulder with the chin parallel to the ground. Repeat 2-4 times.

UPPER BACK STRETCH
In a standing position, clasp 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.

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.

TRICEPS STRETCH
Raise right arm, bend elbow, placing hand behind head at base of neck. Grasp right elbow with left hand pull toward head. Hold for 15-30 seconds. Repeat 2-4 times on each side.

BENT ELBOW SHOULDER STRETCH
Raise right arm to shoulder height in front of you, bend elbow, grasp above right elbow with left hand and pull arm across body. Hold for 15-30 seconds. Repeat 2-4 times on each side.

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 facing forward. Rest right arm on hip or thigh and extend left arm upward. Hold for 15 seconds. Repeat twice on each side.

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.

STANDING KNEE FLEXOR/HIP ABDUCTOR
In a standing position with legs apart, bend trunk forward and reach arms behind knees. Hold for 15-30 seconds. Repeat 2-4 times.

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.

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