

Stretch Don't Strain

Office 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.

Legs



FORWARD BEND WITH CHAIR ASSIST

Stand several feet behind your chair. Raise both arms overhead and 'hinge' forward from your hips, keeping your back straight. Hold on to the back of the chair to keep steady. Hold for 15-30 seconds. Repeat 2-4 times.



INNER THIGH STRETCH

While seated with your feet together, slowly move your knees outwards while trying to touch the bottom of your feet together. Slowly extend until you feel a stretch in the inner thigh and then hold for 15-30 seconds. Repeat 2-4 times.

Middle/Lower Back



LEAN BACK STRETCH

While seated, sit up straight with your hands at your side grabbing underneath your chair. Slowly lean back into the back of your chair or arching over it while arching your lower back. Hold for 15-30 seconds. Repeat 2-4 times.



TORSO STRETCH

Seated or standing, lace the fingers together and stretch them up towards the ceiling.

Take a deep breath as you stretch up as high as you can, then exhale and open the arms, sweeping them back down.

Repeat 8-10 times.



Wrist



WRIST STRETCH STANDING OVER DESK

Stand up at your desk and rotate your arms so that your fingers are facing you and the back of your palm is facing your desk. Let your hands rest on the top of your desk and lean forward so that your shoulders are directly over your hands. Hold for 15 seconds, and repeat 3 times.

Shoulder



UPPER BACK PALM STRETCH

Sit up straight with your feet flat on the floor. Take your arms out in front of you, turn your palms in towards each other, and then cross them over each other so that they are touching. Apply a little pressure to your palms and tuck your chin in, and feel your shoulder blades spreading outwards. Hold this position for 15 seconds at a time. Repeat 3 times.