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.
### Legs

**FORWARD BEND WITH CHAIR ASSIST**
Stand several feet behind your chair. Raise both arms overheard 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 on the edge of your chair with your feet together, slowly move your knees outward 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 fully into the back of the chair, sit up straight with your hands at your sides grabbing underneath your chair. Slowly lean back into your chair or arch 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 toward 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

**UPPER BACK PALM STRETCH**
Sit up straight with your feet flat on the floor. Take your arms out in front of you, inwardly rotate your hands thumbs down, and then cross them over each other and clasp hands so palms 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.

### Shoulder

**WRIST STRETCH STANDING OVER DESK**
Stand up at your desk and outwardly 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.

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