

Stretch Don't Strain

Field Routine 3



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



EYEBROW RAISE

Open mouth, stick out tongue, raise eyebrows, and look upwards simultaneously. Hold for 5-10 seconds then relax. Repeat 2-4 times. Muscles stretched: Various facial muscles



CHIN TUCK

With shoulders down and relaxed, retract chin. Make sure to keep head upright. Return to neutral. Repeat 10 times. Muscles Stretched: Posterior Cervical Muscles, Suboccipital Muscles, Sternocleidomastoid.



UPPER TRAPEZIUS STRETCH

Place right hand on left side of body and push down with left hand. Tilt head to the left and slowly bend head forward. Hold for 10-20 second. Repeat 2-4 times on each side. Muscles stretched: Trapezius.



SIDE BEND STRETCH

Extend arms overhead, grasp hands with palms together toward ceiling. Bend upper body to the left while pulling right arm to the left. Hold for 15-30 seconds. Repeat 2-4 times on each side. Muscles stretched: External Oblique.



STANDING BACK-BEND STRETCH

Stand with legs hip distance apart. Place hands at small of back, palms towards body and fingers down. Bend back at waist. Keep head in line with spine. Return to starting position. Repeat 10 times. Muscles stretched: Latissimus Dorsi, Erector Spinae



DOOR JAM CHEST STRETCH

Keep left arm straight while grabbing door jam and twist body and head away, towards right side. Hold for 15-30 seconds. Repeat 2-4 times on each side. Muscles Stretched: Pectoralis/Chest, Biceps.

Lower Body



TRUNK ROTATION

Place feet shoulder width apart and place hands on hips. Rotate trunk all the way to the left, then all the way to the right. Repeat 10 times. Muscles Stretched: Internal oblique, External oblique, transverse abdominis, rectus abdominis.



HIP FLEXOR STRETCH

Stand with legs about 3 feet apart. Keep feet pointed forward and push hips forward. Hold for 15-30 seconds. Repeat 2-4 times on each side. Muscles Stretched: Iliopsoas.



IT BAND STRETCH

In a standing position, cross right foot in front of left. Lean towards right side and hold for 15-30 seconds. Repeat 2-4 times on each side. Muscles Stretched: IT Band



STANDING TOE TOUCH

Stand up tall and straight. Hinge at the hips and reach down toward your toes while keeping legs together and your back straight. Hold for 15-30 seconds. Repeat 2-4 times.