

Stretch Don't Strain Office 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.

Shoulder / Upper Torso



BEHIND THE BACK TORSO STRETCH

Sit up tall and move your arms behind you. Try to interlace your fingers or touch your fingers behind you, while pushing out your chest with your chin angled upwards toward the ceiling. Hold for 15 seconds, repeat 2-4 times.



ABOVE THE HEAD SIDE STRETCH

Sit up tall and raise your right arm straight up above your head. Reach with that right arm towards your left side and tilt your torso towards the left as well. Hold that position for 15 seconds. Repeat 2-4 times on each side.



SHRUG AND ROLL SHOULDER STRETCH

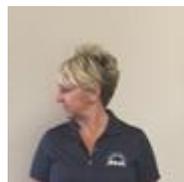
While seated raise your shoulders up into a shrug. Hold them there for a 3 count and then roll them back slowly and return to your starting position. Repeat this 10 times.

Neck



SIDE BENDING NECK STRETCH

In a standing position, with shoulders relaxed, reach right ear to right shoulder. Hold for 10-15 seconds then return head to a neutral position. Repeat 2-4 times on each side. Muscles stretched: Upper Trapezius, Levator Scapulae



NECK ROTATION

In a standing position, with shoulders relaxed, gently rotate head to the left. Do not rotate chin past shoulders. Return to center. Repeat 2-4 times on each side



NECK FLEXION

In a standing position, with shoulders relaxed, tip head forward to chest. Hold for 10-20 seconds. Repeat 2-4 times

Leg



LEG PULLS

While seated, take your right leg and pull it up towards your chest. Take both arms and place them on the front of your knee, and pull back slightly until you feel the stretch. Hold for 15 seconds and then switch sides. Repeat 2 times on each leg.



STANDING TOE TOUCH

Stand up tall and straight at your desk. Hinge at the hips and reach down toward your toes while keeping legs together and your back straight. Hold for 15-30 seconds. Repeat 3 times.



SEATED CALF STRETCH

While seated, extend one leg out in front of your straight and plant your heel on the floor. Place both hands on your chair and then bend forward at the hips until a stretch is felt in the calves and hamstrings. Hold for 15 seconds and then switch legs. Repeat 3 times on each side