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.
## 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 upward toward the ceiling. Hold for 15 seconds, repeat 2-4 times.

### SHRUG & 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.

### ABOVE THE HEAD SIDE STRETCH
Sit up tall and raise your right arm straight up above your head. Place your left hand to the outside of your right thigh. Reach with right arm toward your left side and tilt your torso toward the left as well. Hold that position for 15 seconds. Repeat 2-4 times on each side.

## 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.

### 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, raise your right leg toward your chest. Take both arms and place them under your right thigh, and pull back slightly until you feel the stretch. Hold for 15 seconds and then switch sides. Repeat 2 times on each leg.

### SEATED CALF STRETCH
While seated, extend one leg out in front of you 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.

### 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.

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