

WHY STRETCHING MAKES A DIFFERENCE

Your muscles need good circulation to keep them supple and injury free. Much of the work we do tightens the muscles and stops the blood from reaching the areas of our bodies that have the greatest stress.



By taking five minutes every four hours and/or 90 seconds once an hour to stretch, you'll not only avoid injury but you'll feel better and be more productive.



HOW TO IMPLEMENT A STRETCH PROGRAM

1. Train the employees who will lead the group through the stretch.
2. Train all employees in the correct way to complete the stretches.
3. Establish time during each hour when a 60 to 90 second stretch routine will be completed.
4. Include all people in your facility.
5. Require 100% participation.
6. People under a doctor's care may complete alternate stretches prescribed by treating medical experts.



IMPORTANT NOTE

Stretching is just one part of the ergonomic process. Every attempt should be made to eliminate awkward postures, static postures, excessive force, repetitive motions and work schedules that do not allow for adequate recovery time of muscle groups. Work organization and environmental factors also need consideration.

People should also stretch before doing any activity at home.

STRETCHING FOR YOUR HEALTH

Upper Body Stretches

**Recommended for
the following occupations:**

Office Workers • Dentistry • Hairdressers
Crafts/Hobbies • Auto Repair Mechanics
Fine Assembly Workers • Machinists
Small Unit Packing Workers •



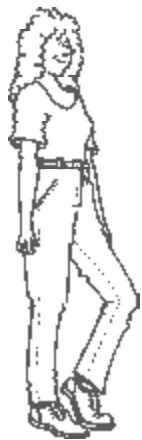
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All stretching should be done SLOWLY and SMOOTHLY. Stretches should NOT be done in a jerky motion. Stop or back off in that particular stretch if you are experiencing discomfort.

If you have or had a previous injury, please consult with your doctor before you participate in these stretches.

These stretches should be performed two or three times a day. For a micro break, perform stretches number 1 and 2.



1. "Pseudo-Walk":

During the first six exercises, walk in place at a slow pace. Alternate lifting your heels off the ground without taking the front of your feet off the ground.

You will continue to move your legs during the following stretches.

2. Finger Stretches:

Arms are relaxed and hanging down by your side. Slowly alternate making a full fist and then an outstretched hand (fingers extended and spread wide apart). Repeat this open and close motion 10 times while you continue to do the "pseudo-walk".



3. Head Tilts:

Tilt your head to one side as touching your ear to your shoulder. Don't raise your shoulder to meet your ear. Hold for 10 seconds. Return to middle, briefly, tilt your head to the other side in the same manner. Repeat twice.



4. Head Turns:

Turn your head so that you look over your right shoulder. Hold for 10 seconds. Slowly turn your head and look over your left shoulder. Repeat twice.

5. Neck Glides:

Glide your head back as far as it will go keeping head and ears level, making a double chin. Hold for 10 seconds. Relax, let your head return to its natural position. Repeat once.



Stop moving your legs and stand stationary, knees slightly bent.

6. Pat Yourself on the Back:

Stand grasping your left elbow with your other hand. Pull the elbow behind and toward your head so you feel a stretch. Hold for 10 seconds. Perform the same stretch with your right elbow. Repeat twice.



7. Shoulder Blade Squeeze:

Stand with your arms overhead. Pinch your shoulder blades together as you press your arms backward slightly. Hold for 10 seconds. Repeat twice.



8. Lower Back Extension Stretch:

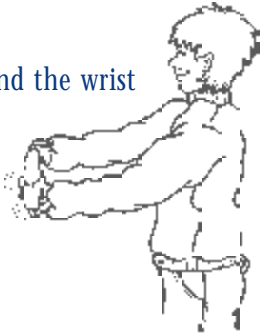
This exercise is not helpful for someone with a swayed back or with excess flexibility in backward bending.



Place your hands on your hips with your fingers on the lower back. Bend your knees slightly and gently bend backwards from the waist. Hold for 10 seconds. Repeat twice.

9. Wrist Flexion:

Hold your right wrist as shown. Bend the wrist until you feel a stretch. Hold for 10 seconds. Do the same stretch with your left wrist. Repeat twice.



10. Prayer stretch:

Hold your hands together with the palms pressing against each other and bend the wrist until you feel a stretch. Hold for 10 seconds. Repeat twice.