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HEALTH CENTER

STRETCHING FOR INJURY PREVENTION:

A BLUEPRINT FOR SUCCESS

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1. Goals:
    a) Maintain strong healthy bodies ready to perform job duties.
    b) Reduce work place injuries.
    c) If injured, be able to return to work as soon as possible.

2. The two primary ways injuries occur:
    a) Lifting too heavy a load while performing a job activity.
    b) A build up of minor injuries that lead to a more significant injury. (e.g. repetitive activities)

3. Two primary ways to prevent injuries:
    a) Increase the body's ability to handle the work stress by doing appropriate stretches.
    b) Decreasing the load on a body part by using proper ergonomics (e.g. bending your knees for lifting)

4. Key Points:
    a) When flexibility is restored, work injuries are reduced.
    b) Well conditioned workers can avoid injuries and if injured, they recover faster.

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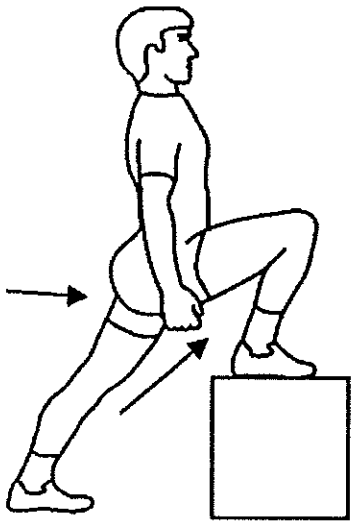
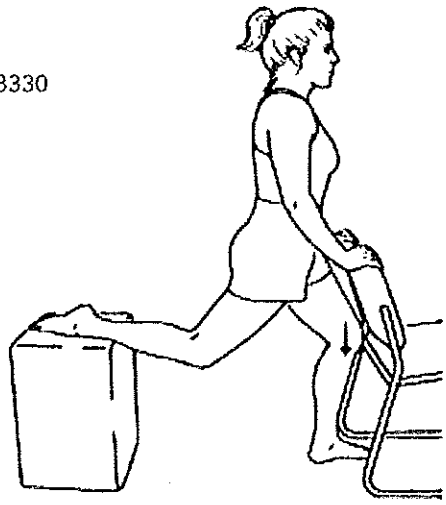
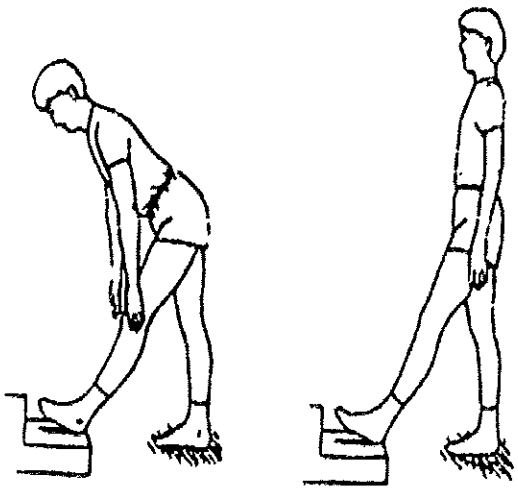


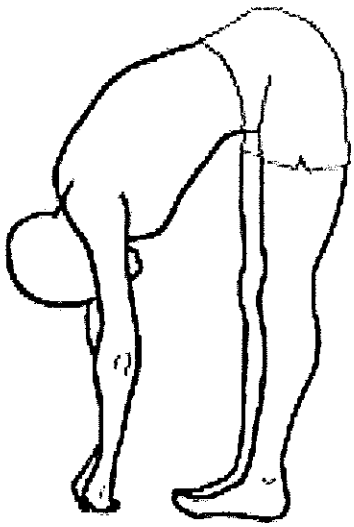
Psoas Stretch (hip flexor/spinal stabilizer)



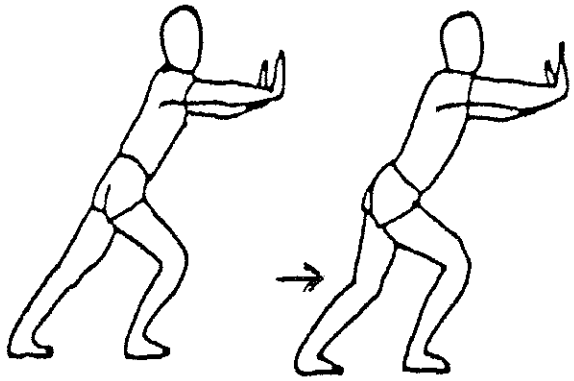
Quadriceps Stretch



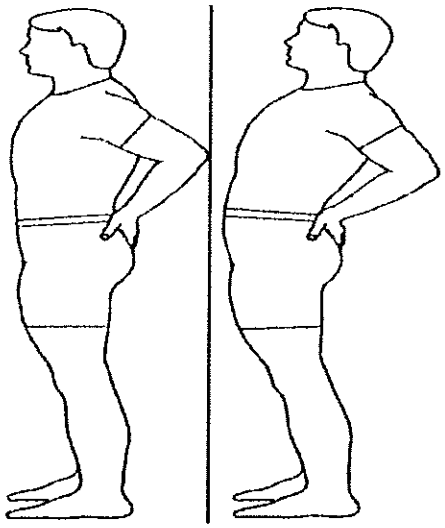
Hamstring Stretch



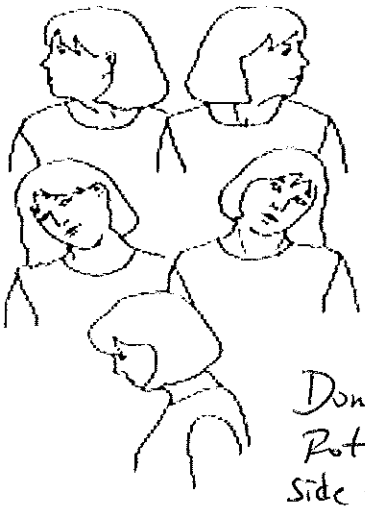
Forward Bend Stretch



Calf Stretches (A and B)

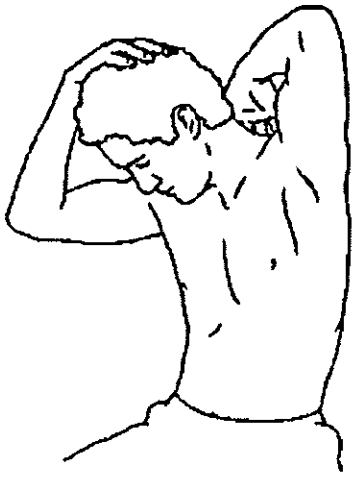


Low Back Extension Stretch

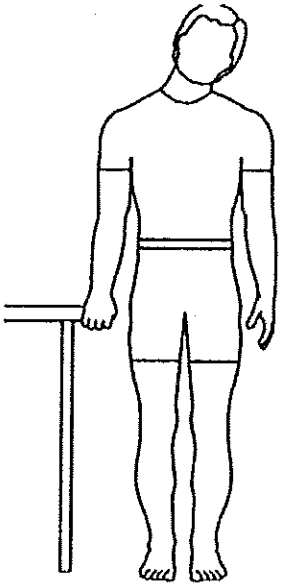


Don't Rotate!
Side to Side
Forward-Backward

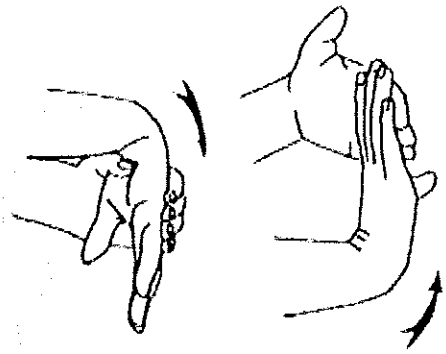
Neck Range of Motion Exercises



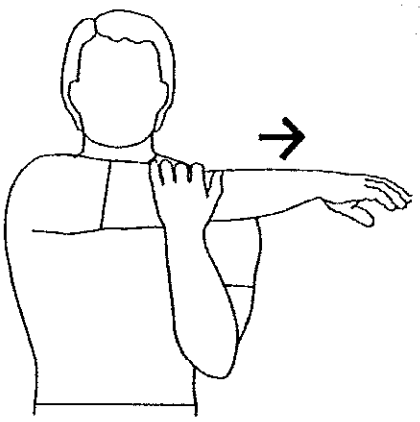
Shoulder Blade Stretch



Trap Stretch



Wrist Flexion and Extension Stretch



Shoulder Stretch

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