

Rummel Construction, Inc.



Stretch & Flex Injury Prevention Program

Rummel Construction, Inc. Stretch & Flex Program

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Stretch & Flex Program

Why Stretch & Flex

Each day professional athletes take the field to participate in sports that help them earn their living. The physical demands of these sports require the athletes take great care of their body because issues with injuries can have significant costs both financially and personally.

Regular warm up and stretching is one of the methods used to prevent injury and enhance sports performance.

Heavy construction workers have physical demands that are greater than those of professional athletes. Any injury to a worker can have significant costs:

- *You have greater difficulty performing your job.
- *The length of your career working in construction may be reduced.
- *You have greater health care costs.
- *You have a lower quality of life due to stiffness and pain.

Please consider how you would feel living each day with pain, stiffness, and/or disability impact your life?

To help reduce injuries, Rummel Construction, Inc. performed an analysis of injury data. Results demonstrated the following:

- *64% of all injuries involved the back
- *8% of injuries involved the knee or hip
- *8% of injuries involved the shoulder
- *7% of injuries involved the neck

One of the more common injuries that workers experience is a strain of muscle. These injuries result from short, tight muscles and/or muscles that are fatigued.

Research has demonstrated that workers participating in Stretch & Flex programs can effectively increase their flexibility and reduce injuries.

This primary purpose of this manual is to educate you about how you can better take care of your body and prevent injury. You can prevent muscle strains by participating in the Stretch & Flex program.

Rummel Construction, Inc. firmly believes that the Stretch & Flex program is worth investing in for your personal health and injury prevention.

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Stretch & Flex Basics

Flexibility is defined as the range of motion around a specific joint in the body. Poor flexibility can significantly limit movement of joints and increase the chance of injury.

Short, tight muscles often are the greatest contributor to poor flexibility. Stretching muscles is a means to counter act the shortened muscles and restore normal flexibility.

Performing the stretches correctly is an essential key to gaining the benefits and preventing injury. Here are some rules to follow:

Rule #1: Never Stretch a Cold Muscle

- *When muscles are cold, they are at greater risk for injury.
- *Performing an effective warm up is important to preventing muscle strains that can occur with stretching cold muscles.
- *Chapter 3 covers the general warm up that should be performed prior to stretching.

Rule #2: Stretch with Good Form

- *Proper technique in stretching is an essential key to getting the most out of the stretches.
- *Always move into a stretch slowly. **NEVER BOUNCE!**
- *Once in the correct body position, stretches should involve muscles feeling taught at the end point of the stretch.
- *Stretching should never involve pain but slight muscle discomfort is OK when getting a deep stretch.

Rule #3: Hold your Stretch Position

- *Once you get to the end point of a stretch, you want to hold that position for at least 10 seconds.
- *Muscles do not release their tension and lengthen unless you hold them in the lengthened position for at least 10 seconds.
- *Ideally, stretches should be held 20-30 seconds to get an effective release of muscle tension.

Following these simple rules will help make your Stretch & Flex program effectively work for your benefit.

