Stretching Program

Purpose of Stretching:

- Reduce muscle tension & soreness
- Improve circulation to muscles
- Improve mental alertness & performance
- Decrease the risk of injury
- Improve posture
- Reduce anxiety, stress & fatigue

Guidelines:

- Perform these stretches a few times per day or after you have been in one position for greater than 30 minutes.
- Hold each stretch 5 seconds. Perform 3-5 repetitions of each stretch on both sides.
- Stretch only to the point of mild tension. DO NOT overstretch.
- Hold the position of stretch gently; DO NOT bounce.
- Stop if you feel discomfort. There should be no pain.
- Breath normally and relax when stretching.
- Be cautious with these stretches if you have an injury or any type of recurring soreness. These stretches are not intended to cure serious injuries or problems.

“An ounce of prevention is worth more than a pound of cure”