



## Stretch and Flex Programs

**Stretch and Flex Programs** have long been instituted by organizations who want to infuse movement and flexibility into their work activities. Oftentimes, however, these programs are “off the shelf” and not customized to particular work environments. At P3 Ergonomics, we specialize in working with our clients to identify the best options for Stretch and Flex programs with the goal of creating a unique and relevant program in which your workforce will actively participate.

### Benefits of a Stretch and Flex Program

- ◆ Increased flexibility—when flexibility is increased to an optimal level, muscle activity is performed with greater ease.
- ◆ Increased blood circulation—stretching muscles will activate an increase of blood flow throughout the body.
- ◆ Increase in range of motion—an increased range of motion in the joints may prevent sprains upon slips, trips and falls.
- ◆ Muscle Activation—as our workforce ages, muscles degenerate. The more muscle activation occurs, the more prevention benefits the workforce experiences!
- ◆ Natural endorphin release—physical activity helps to release natural endorphins creating a more positive overall feeling. Stretching feels good!

### Program Development

At P3 Ergonomics, we have worked with a wide variety of organizations in a broad range of industries. This experience has allowed us to formulate a systematic method of identifying the best Stretch and Flex program for your industry. Our program includes:

- Identification of specific job demands—we observe your employee at work and identify the tasks and physical demands inherent in your workplace.
- Identification of ergonomic risk—we identify risk in terms of repetition, forceful exertions, awkward postures and others to capture the most accurate data about what the potential ergonomic risks exist in your environment.

- Risk-to-stretch correlations—from the risk information we identify stretches that will help to remediate against injury based on ergonomic risk and physical demands in your workplace.
- Activity-to-stretch correlations—we then identify which activities in your environment would best correlate to the stretches identified. This gives your workforce a guide to which stretch to perform and after what activities.
- Training Sessions—we also conduct group seminars designed for your workforce featuring a presentation of the program benefits, warm-up and cool-down strategies, stretching techniques, simple body mechanics and breathing techniques.

### Stretch and Flex Collaterals

Once your customized program has been developed, we can then provide the information to your workforce in a way that’s easy to use and understand.

Some of the collateral materials we can provide include:

- ◆ Business Card Size Fanfold: 10 stretches with instructions and correlated with activities.
- ◆ Workstation Handout: 10 stretches, instructions and correlated job tasks. Great for posting at the workstation.
- ◆ Stretch Posters: 8-12 stretches, 2-4 week continuous routine, instructions and targeted muscle groups. Excellent for display in break room or hallways.
- ◆ Comprehensive Manual: Instructions on breathing and stretching techniques, muscle diagrams and tips for working and stretching safely.
- ◆ Full Stretch Library—Up to 33 stretches targeting all major muscle groups and allows for easy program variance.

**At P3 Ergonomics, we are dedicated to providing top quality, customized programs that enhance your workplace safety program and contribute to your employees productivity!**

