



Training Solutions, Delivered!

**STRETCHING FOR  
INJURY PREVENTION**  
*with Liz Navarrete*  
**(Concise Version)**

**Leader's Guide, Fact Sheet  
& Quiz**

Item Number: 5210  
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***This easy-to-use Leader's Guide is provided to assist in conducting a successful presentation.***

## **PREPARING FOR THE MEETING**

Here are a few suggestions for using this program:

- a) Review the contents of the Fact Sheet that immediately follows this page to familiarize yourself with the program topic and the training points discussed in the program. The Fact Sheet also includes a list of Program Objectives that details the information that participants should learn from watching the program.
- b) If required by your organization, make an attendance record to be signed by each participant to document the training to be conducted.
- c) Prepare the area and equipment to be used for the training. Make sure the watching environment is comfortable and free from outside distractions. Also, ensure that participants can see and hear the TV screen or computer monitor without obstructions.
- d) Make copies of the Review Quiz included at the end of this Leader's Guide to be completed by participants at the conclusion of the presentation. Be aware that the page containing the answers to the quiz comes before the quiz itself, which is on the final page.

## **CONDUCTING THE PRESENTATION**

- a) Begin the meeting by welcoming the participants. Introduce yourself and give each person an opportunity to become acquainted if there are new people joining the training session.
- b) Introduce the program by its title and explain to participants what they are expected to learn as stated in the Program Objectives of the Fact Sheet.
- c) Play the program without interruption. Upon completion, lead discussions about your organization's specific policies regarding the subject matter. Make sure to note any unique hazards associated with the program's topic that participants may encounter while performing their job duties at your facility.
- d) Hand out copies of the review quiz to all of the participants and make sure each one completes it before concluding the training session.

# 5210 STRETCHING FOR INJURY PREVENTION

## *with Liz Navarrete (Concise Version)*

### FACT SHEET

**LENGTH: 10 MINUTES**

#### **PROGRAM SYNOPSIS:**

This program will make you a believer in the importance of stretching as part of an injury prevention routine. To prevent injury and remain pain-free, our major joints and muscles need to be stretched in the opposite direction in order to “undo” the damage and remain flexible and pliable. To achieve this, Physical Therapist Liz Navarrete demonstrates eight simple stretches that can be used as a whole-body stretching routine, including stretches for the neck, upper back, lower back, shoulders, hips, knees, ankles and hands, wrists and elbows.

#### **PROGRAM OBJECTIVES:**

After watching the program, the participant will be able to explain the following:

- Why it is necessary to keep muscle tissues flexible and pliable to reduce the risk of injury;
- Why frequent stretching should become part of our daily routine, both at work and at home;
- How to perform each of the eight stretches that can be used as a whole-body stretching routine.

#### **INSTRUCTIONAL CONTENT:**

##### **INTRODUCTION**

- Our routine for stretching is going to include one stretch for each body party, one joint. That way it will be easy to remember.
- So, we are going to do one for your neck, one for your upper back, one for your lower back, one for shoulder, one for your elbow, wrist and hand, one for your hip, one for your knee and one for your ankle.
- The important part of stretching is to keep the tissue flexible and pliable and when we do that, we will not get as many injuries.

##### **THE NECK STRETCH**

- Alright, so we are going to stretch our neck. Go ahead make sure you're standing neutral and face sideways so everyone can see.
- You're going to stand tall. You can have your hands at your side or on your hips if you want and you're going to look up until you feel a stretch and go as far as you can handle and then release back to the middle.
- The neck stretch is called a neck extension, which is looking up, and the reason for that is we want to undo all of the looking down that we do all day.
- We're just going to go slowly, about 10 times, lift until you feel a stretch, pause and then release to neutral. Don't release down; remember, we don't want to go the other way.
- Don't hurt yourself, so don't push so hard where you feel like you're going to break something, just gentle. We're just gently warming things up, getting things stretched. So, that's our neck stretches, extension.

##### **THE UPPER BACK STRETCH**

- The upper back and lower back stretches are also extensions, meaning backwards movements. Those are really good to undo all of the damage in your spine from the forward and downward movement that we do throughout the day.
- Upper back is going to be a little bit more challenging; stand sideways so everyone can see.
- You're going to put your hands kind of clasped behind your neck, then bring your elbows kind of close, if you can, and then you lift. So, lift until you feel a stretch in your upper back and then come back to the middle.
- You don't have to go so far where you bend your knees or anything. Lift until you feel a stretch in the upper back, release back to the middle, again.
- Lift until you feel a stretch here, keep those elbows kind of close and then release back to neutral. Remember, we're not releasing to a flexed position; we always release to neutral.
- Lift until you feel a big stretch in that upper back. Remember, these are joint stretches more than anything else and you'll be stretching different muscles, but we're focusing on the upper back joints, those vertebrae in your upper back.

##### **THE LOWER BACK STRETCH**

- I always want to be able to see from the side to get the best view from the side.
- Hands will be on your hip. If you really want to, you can put them on your back. You're going to bend backwards, of course, until you feel a stretch in your lower back and then release back to the middle. And stretch backwards, release back to the middle.
- You don't have to look up, but you can if you want to. Backwards, make sure you're going far enough to feel a good stretch and release back to the middle.
- It's really important, though, when you're between each extension exercise, when you release that you come to a neutral position. You don't want to come down to a forward position.

## THE SHOULDER STRETCH

- No matter what movements we're doing during the day, we are almost always pulled into forward positions with our shoulders, meaning they're flexed. So, reaching forward, reaching up, lifting, carrying, all movements pull us forward.
- It's really important that our shoulder joints get stretched and that we stretch them into backwards positions. You may not think about stretching your shoulder, but the shoulder is a very large joint and it needs to be stretched in order to prevent shoulder injuries.
- You're going to clasp your hands behind you and lift them back until you feel a stretch in your arms and shoulders and release back down to your hips. Then lift again until you feel a stretch, pause and release.
- If you cannot lace your fingers, that's okay. You can still reach and do the exercise just by reaching back. So, just reach back and if you feel like that's a better stretch, that's fine.
- Modifying the shoulder stretch by not clasping your fingers together, but simply reaching back, is a good example of how you can modify any stretch. You don't want a stretch to hurt or cause any sort of joint pain, so you need to modify in order to go into the range of motion that you can handle. Then as you continue to stretch, you'll notice that flexibility and range of motion will steadily improve.

## THE ELBOW, WRIST AND HAND STRETCH

- Daily stretching of the elbow, wrist and hand is very important to prevent injuries such as carpal tunnel syndrome, golfer's elbow and tennis elbow. So, if you have a job that requires lots of use with your hands, it's very important to do these stretches very often.
- Arm is going to be up and you're going to take your other hand and pull until you feel a stretch. Pause for a second or two and release to neutral. Okay and then again. Go ahead and do several on each arm.
- Notice, we're not doing the other direction. Everything is backwards here, good. Don't go so far where you're feeling pain, just a stretch.
- Make sure you do both sides, so take a few at least five to 10 reps each way.

## SQUATTING

- Another stretch I really like to talk about is the stretch for the hip joint, which is squatting. One of the greatest benefits of squatting is the reinforcement of good body mechanics, so if you squat properly with your back straight, then it helps to prevent lower back injuries.
- You're going to squat; okay, back is straight perfect and come back up. Good, your hands can be on your hips, squat, perfect.
- Notice her spine is straight. Remember that alignment. Ear, shoulder and hip are still aligned.
- Squat and come back up. Spread your feet, keep your spine really straight. Very nice.
- It's up to you how far you go. If you have any issues or something, don't feel like you have to go too far.
- If you really want to strengthen, you can go further. The reason we're practicing this is for body mechanics, to practice and get that muscle memory and the right way of reaching and lifting.
- One last one, squat with your spine straight and then straight on the way back up.

## THE KNEE STRETCH

- The next body part we're going to stretch is the knee.
- We're going to face sideways and one leg is going to go in front and you're going to bend the leg that's back and come to a pretend sitting position and hold. So, it's almost like sitting back onto his leg and this knee is straight.
- Come back up. It's almost like sitting back, kind of a backwards lunge almost, and release again.
- If you want to put your hands on the knee of the back leg that's bent, that's fine. Come back up.
- Again, this is for your hamstring. This is the right way to stretch your hamstrings.
- Now, if you're going to go for a run or go play soccer, you might want to do this for some 30-second hold times, but within the industry, let's just do two or three-second hold.
- Go ahead and switch legs, one leg forward. The leg behind you, you're going to bend that knee and you sit back onto it and your toes are pretty much straight up. Make sure the one in front of you, the knee stays straight just like that.
- Your spine is relatively straight the whole time. Notice his spine is still fairly straight and every time you come back to that stretch position, you should feel it behind the right knee. He'll feel it behind the right knee when he's doing it this way.

## THE ANKLE STRETCH

- So, one leg is in front and then you just kind of lunge until you feel a stretch in the calf behind you. Pause for a second or two. Of course, your spine is straight. Release to here.
- Your hands can be on your hips or wherever you want. One or two seconds, release, keep going and then switch legs.
- Lunge forward until you feel a stretch in your calf back here. That's where his stretch is happening.
- Continue a couple more reps and the one behind you, make sure the heel stays down. You don't want the heel to come up because then you're losing that stretch.
- Looks like you're doing it right, you just want to make sure those toes are facing forwards.

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**ANSWERS TO THE REVIEW QUIZ**

1. c

2. c

3. b

4. a

5. a

6. a

7. a

8. b

9. c

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### REVIEW QUIZ

Name \_\_\_\_\_ Date \_\_\_\_\_

*The following questions are provided to determine how well you understand the information presented in this program.*

1. The most important part of stretching is to keep the muscle tissue \_\_\_\_\_.
  - a. Stiff and rigid
  - b. Firm and stable
  - c. Flexible and pliable
  
2. The neck stretch, upper back stretch and lower back stretch are all examples of \_\_\_\_\_, meaning backward movements.
  - a. Contraction
  - b. Compressions
  - c. Extensions
  
3. When performing a stretching exercise, you should release the stretch to a flexed position.
  - a. True
  - b. False
  
4. No matter what movements we're doing during the day, we are almost always pulled into \_\_\_\_\_ positions with our shoulders.
  - a. Forward
  - b. Backward
  - c. Neutral
  
5. A stretch should be modified in order for you to go into a range of motion that doesn't hurt or cause joint pain.
  - a. True
  - b. False
  
6. \_\_\_\_\_ stretching of the elbow, wrist and hand is very important to prevent injuries such as carpal tunnel syndrome, golfer's elbow and tennis elbow.
  - a. Daily
  - b. Weekly
  - c. Monthly
  
7. Squatting properly with your back straight helps to prevent lower back injuries.
  - a. True
  - b. False
  
8. Which stretch is effective for stretching your hamstrings?
  - a. The lower back stretch
  - b. The knee stretch
  - c. The ankle stretch
  
9. When lunging forward during the ankle or calf stretch, you will feel a stretch in your \_\_\_\_\_.
  - a. Ankle
  - b. Knee
  - c. Calf