



Stretch It Out!®

Stretch Coach Handbook

Background & Responsibilities

Welcome to **Stretch It Out!**® (SIO!). SIO! is a copyrighted work place stretching program that your employer has purchased a license to use at your location. This manual was created to assist individuals who have either volunteered or were “nominated” by their supervisor to fulfill the role of a “Stretch Coach” as part of the SIO! program. The primary responsibility of the Stretch Coach is to instruct the SIO! stretches to the employees in their designated stretch team and to serve as a communication liaison between the area supervisor and the SIO! Champion.

Muscles, Blood Flow, and Your MPG

The question “Why stretch at work?” is an important question that all Stretch Coaches should anticipate and be able to address. Muscles require “fuel” to work properly. As we work throughout the day in various postures and positions, the demand for fuel increases. Movement and stretching promotes blood flow, which improves the supply of oxygen to our muscles. It is oxygen that provides the “fuel” to our working muscles. Thus, increased blood flow increases our Miles Per Gallon, which reduces muscle fatigue and discomfort. Think about it, what’s the first thing you do when you get out of the car after driving several hours - - stretch! In addition, stretching helps prepare our muscles for activities such as work or exercise. In short, brief stretching increases our MPG, reduces discomfort, and helps us feel better at the end of the day.

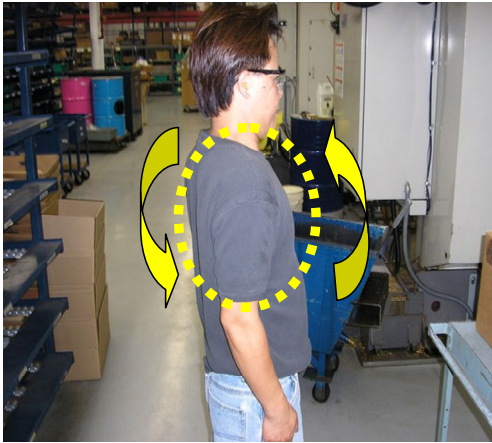
The Role of the Stretch Coach

Your role as a Stretch Coach is critical to the overall success of the SIO! program. The Stretch Coach will complete an initial training process in preparation for leading their assigned stretch team. The primary role of the Stretch Coach is to serve as a communication liaison between the area supervisor and the SIO! Champion. To achieve long-term success, ALL employees within their stretch team will eventually participate in leading the stretching sessions. This “ownership” relieves the Stretch Coach of the responsibility to “lead” each stretching session so they can observe and interact with the members of their stretch team to encourage use of proper technique and address concerns/questions.

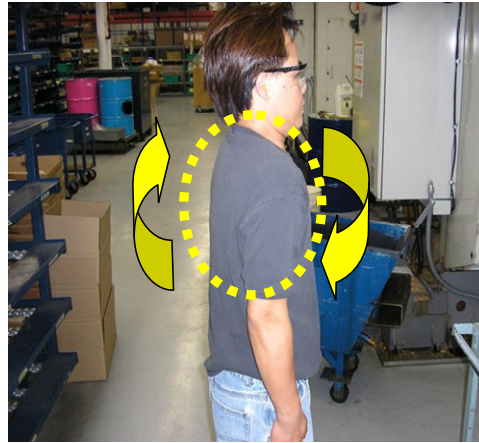
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Shoulder Rolls

S A M P L E



Roll Backward



Roll Forward

Roll shoulders in large circular motions. Keep your arms by your side. Five reps forward and five reps backward.

Alternative: Raise and lower both shoulders up/down. Five reps up and down.

Forward Bend

S A M P L E



Actual



Foot too high



Foot too low

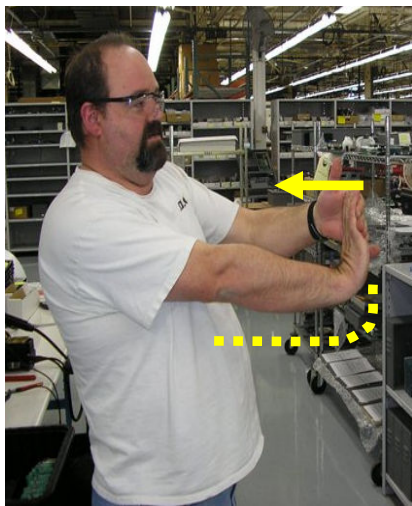
Stand and place right foot on a skid/chair/box. Bend forward while keeping left leg straight. Bring left shoulder down and across the right knee. Hold 10 seconds. Switch sides.

Alternative: Place right foot on prop (i.e. chair) and place both hands on top of the right knee. Bend slightly forward using both hands/arms to support the trunk. Hold ten seconds. Repeat to left side.

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Palm/Forearm Stretch

S A M P L E



Actual



Alternative

Extend right elbow. Gently bend wrist and fingers backward using the left hand. Avoid grasping the finger tips. Hold ten seconds. Switch sides.

Alternative: Bend right elbow and gently bend wrist and fingers backward using left hand. Hold ten seconds. Switch sides.

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Hamstring Stretch

S A M P L E



Actual



Improper

Place left foot on a sturdy surface around knee height. Straighten the left knee. Do not bend at the waist. Hold ten seconds. Switch sides.