

Important Guidelines

If you have questions about your ability to perform any stretch, consult your physician.

- Before each stretch, relax and stand with your feet shoulder-width apart and knees slightly bent.
- Keep your back straight by contracting your abdomen.
- Do the stretches at your own individual rate and ability. Remember, you are not competing.
- Stretch to the point of comfortable tension. Do not strain or bounce when stretching.
- Hold each stretch while you count to three slowly.
- Breathe in a relaxed manner.
- Repeat each stretch, or set of stretches, three times.

Base Safety Office.....577-6266
Occupational Health.....577-6051
Semper Fit.....577-6817
Public Affairs Office / Graphics...577-6034

*In Case of Emergency call
911 or 577-6666*

Stretch and Flex Program

The Stretch and Flex Program is an on-site stretching program that all employees are encouraged to participate in. The stretches diagramed can prepare the body for everyday work stresses. This is done through stretching and strengthening the specific muscles that are commonly associated with strains, sprains and ergonomic injuries. If performed correctly and regularly, these exercises may reduce the incidences of muscle injuries.

Stretching is important in maintaining the muscle's pliability and length. When a muscle shortens, the ability to perform a task involving that muscle decreases, which can then increase the risk of injury. This is especially noticeable in the lower back region. Tightness of the upper back, lower back, hamstrings, and calves can increase the risk of pain and injury to the spine. Maintaining the muscle's proper length and pliability allows the body to maintain the proper biomechanical position, and decreases the possibility for injury.

Participation in the stretching programs is voluntary and could be conducted during the morning safety briefing. The stretch and flex component should not exceed 10 minutes. Employees should exercise judgment to the extent that their physical capabilities allow and they should not perform motions that may aggravate previous injuries or other physical conditions. A discussion with your medical provider is highly recommended before participating in any stretch & flex program.

Initially, your safety officer/coordinator should conduct an introduction to the program and overview of strains and sprains. Subsequently, a designated volunteer should then lead the daily stretching program, at the start of the shift, by using the examples provided. The stretching will typically last 5-10 minutes and should not exceed 10 minutes. Hold the stretch position while counting to three slowly, then relax. Repeat stretches on the opposite side. You may repeat the same stretch two or three times. All movements are gently but progressively increased. Stretches should be performed slowly and deliberately. Be as relaxed as possible. It is easier to stretch and strengthen a relaxed muscle versus a tight one. Stretch until you feel mild tension. Never take a stretch past the point of tension strain or pain.

Marine Corps Logistics Base Barstow, California



Stretch & Flex Exercises



*Make stretching a part
of your daily routine.*

**Coordinated by MCLB VPP
Safety & Health Training
Sub-Committee**

*Stretch & Flex Materials available from the
Base Safety Office or Public Affairs Graphics*

Stretch & Flex Exercises

Make stretching a part of your daily routine

Important guidelines

If you have questions about your ability to perform any stretch, consult your physician.

- Before each stretch, relax and stand with your feet shoulder-width apart and knees slightly bent. Keep your back straight by contracting your abdomen.
- Do the stretches at your own individual rate and ability. Remember, you are not competing.
- Repeat each stretch, or set of stretches, three times.
- Stretch to the point of comfortable tension. Do not strain or bounce when stretching.
- Breathe in a relaxed manner.



Upper Body Stretches—



Shoulder Shrug

- Look straight ahead with arms relaxed at your sides.
- Lift shoulders up toward your ear lobes.
- Take a deep breath, count to three, and exhale.
- Roll shoulders back as you return them to their natural position.



Neck Stretch

- Look straight ahead, arms at your sides.
- Drop your left ear toward your left shoulder. Don't raise your shoulder.
- Take a deep breath, count to three, and exhale.
- Return your head to an upright position. Don't roll your head forward or backward.
- Repeat the exercise on the right.



Rotator Cuff Stretch

- Reach up and place your right hand on your upper back.
- Place the back of your left hand in the middle of your back.
- Reach your right hand toward your left, attempting to grasp fingers together.
- Take a deep breath, count to three, and exhale.
- Repeat the exercise on the opposite side.



Back Extension Stretch

- Stand upright with feet shoulder-width apart.
- Place both hands on the small of your back.
- Lift your rib cage, arching your back.
- Take a deep breath, count to three, and exhale.
- Do not tip your head backward.



Shoulder Stretch

- Stand upright with your feet shoulder-width apart.
- Clasp your hands behind your back.
- Raise clasped hands, bending your elbows slightly until you feel a stretch.
- Do not bend your body forward during the stretch.
- Take a deep breath, count to three, and exhale.

Mid Body Stretches—



Reach High

- Stand up straight with your feet shoulder-width apart.
- Stretch your arms up over your head as high as you can.
- Spread your fingers.
- Take a deep breath, count to three, and exhale.



Wrist Curl Stretch

- With your arms at your sides and your knuckles forward, make loose fists.
- Curl fists in the direction of your elbows.
- Take a deep breath, count to three, exhale, and relax your fists.



Palm Press Stretch

- Place your palms together with fingers at chin level.
- While keeping your palms together, press and lower your hands until you feel a stretch.
- Be careful not to raise your shoulders.
- Take a deep breath, count to three, exhale.



Side Bending Stretch

- Stand upright with your feet shoulder-width apart, and place your left hand on your waist.
- Reach overhead with your right arm. Bend slightly to the left, letting the weight of your right arm create the stretch.
- Take a deep breath, count to three, exhale, and repeat the exercise on opposite side.



Side Turning Stretch

- Stand upright with your feet shoulder-width apart and your left hand on your right hip.
- Reach your right arm straight up from your side, then move it slightly back with your palm forward and thumb up. Look over your right shoulder at your right hand.
- Take a deep breath, count to three, exhale, and repeat the exercise on opposite side.



Cat Stretch

- Stand with your feet shoulder-width apart. Bend down, putting your hands on slightly bent knees.
- Look up, pointing your chin at the ceiling and creating an arch in your back.
- Take a deep breath. As you exhale, count to three, tuck your chin into your chest, and round your back.

Lower Body Stretches—



Hamstring

- Stand up straight, with your feet slightly apart. Slightly bend your left leg, putting hands on your left knee.
- Extend your right leg, keeping your heel on the floor. Look straight ahead.
- Increase stretch by bending your left knee more and pointing the toes of your right leg toward your chin.
- Take a deep breath, count to three, exhale, and repeat the exercise on the opposite side.



Quad

- Stand up straight with your feet slightly apart.
- Extend your left arm or use a wall for balance.
- Grasp your right ankle with your right hand and pull up toward your back.
- Keep your body in good alignment with your knees fairly close together.
- Take a deep breath, count to three, exhale, and repeat the exercise on the opposite side.



Calf

- Stand up straight with your feet slightly apart.
- Step forward with your left foot. Bend and put both hands on your left knee.
- Bend your right leg, leaning slightly forward and keeping both feet flat on the floor.
- Take a deep breath, count to three, exhale, and repeat the exercise on the opposite side.