

Everyday Safety

Tailgate Talks

Stretching 101

No need to run out and buy yourself a yoga mat, these stretches can be done with a PVC pipe!

But first, let's talk about why stretching is important; according to Harvard Health stretching helps keep the muscles strong and healthy. Stretching allows for muscles to lengthen and become more flexible, without stretching the muscles become short and stiff. For example, if you are sitting at a desk or in a truck all day you may sit with rounded shoulders which over time can lead to tight shoulders and upper back.

Now that we know the why, let's start with the how! When holding a static stretch you DO NOT want to bounce. You will feel tension during the stretch but you should not feel pain, if you feel pain ease off the stretch.

Equipment: PVC pipe

STRETCH 1 -

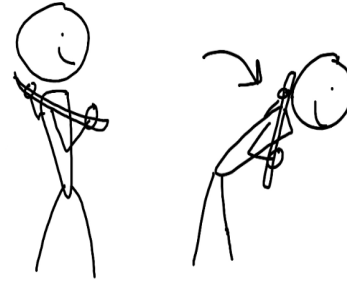
- PVC Pipe up & overs - <https://www.youtube.com/watch?v=PyyT3qoiVWw>
- Hold the PVC pipe in front of you at hip level so it is parallel to the floor
- Slide your hands towards the ends of the PVC pipe
- While keeping your arms straight, bring the pipe overhead and behind you toward your lower back or as low as you can go
- Still keeping your arms straight bring the PVC pipe back to the front
- Do this for 30 seconds



STRETCH 2 -

PVC Pipe Good Mornings - https://www.youtube.com/watch?v=W3AHIDVL_sE

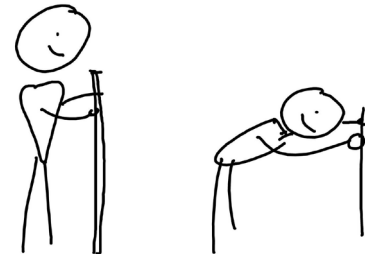
- Bring the PVC pipe behind your head so it is resting on your shoulders
- Find a hand placement that puts no strain on the shoulders
- With a slight bend in the knee and keeping your back straight, lean forward until you feel a stretch in the hamstrings
- Return to standing
- Do this for 30 seconds



STRETCH 3 -

PVC Pipe lat stretch - <https://www.youtube.com/watch?v=HgTI5OYDzpY>

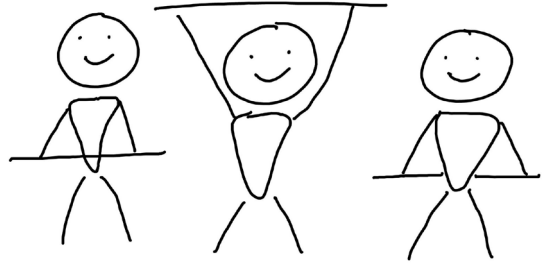
- Position the PVC pipe out in front of you perpendicular to the ground
- With arms extended in front of you grab on with both hands (right on top of left)
- With a slight bend in the knee and a straight back, lean forward and try to stick your head between your arms
- Hold this position for 30 seconds then switch hands (now left on top of right) and hold for another 30 seconds
 - You should feel a stretch in your shoulders
 - For an added stretch while in the bent position you can sway side to side



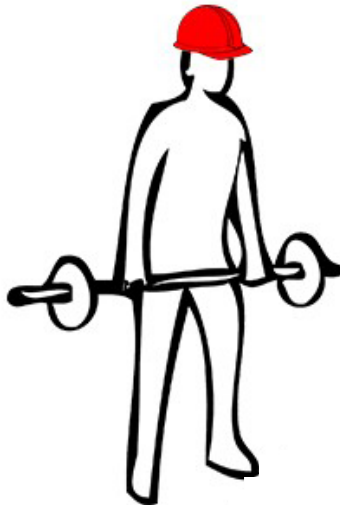
STRETCH 4 -

PVC Pipe Twists - <https://www.youtube.com/watch?v=sU4PyIO49Bg>

- Bring the PVC pipe behind your head so it is resting on your shoulders, parallel to the ground
- Find a hand placement on the pipe that puts no strain on the shoulders
- With feet planted, rotate your shoulders from side to side, twisting at the waist. This should be slow
- Do this stretch for 30 seconds
 - This is a great passive lower back stretch



If you have enough PVC pipe at your site, these stretches are a great activity that can be done as a group, during your tailgate talk or end of the day meeting. Everyone can stand 6-10 feet apart and go through each of these stretches for 30 seconds.



Resources:

Harvard Medical School: The Importance of Stretching

<https://www.health.harvard.edu/staying-healthy/the-importance-of-stretching>

