

STRETCH AND MOBILITY



Presented By:

Rancho Mesa Insurance Services, Inc.

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MESA**

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OVERVIEW

- Identifying the Problem
- The Goal
- Providing a Solution
- Implementing the Solution

BACK INJURIES

- **Over \$1,000,000,000 paid in back injury claims over the last 5 years in California**
 - Insurance Company Pain - higher loss ratios, negative impact on combined ratio
 - Business Owners Pain - XMOD increases, loss of productivity, increased soft costs, increased premiums
 - Employee Pain – Physical pain, psychological pain, impact on career
- **Most costly injury in construction**
 - Average back injury costs \$25,000
 - **Average impact to MOD based on \$25,000 claim is 10 to 20 points**
- **The second most frequent injury**
- **Leading injury resulting in time away from work**

GOAL

- Minimize the risk of back injuries
- Leading cause of back injuries = **Strain by lifting**
- Eliminate or limit the lifting exposure
 - Repetitive
 - Awkward
 - Heavy
- Defend against the “Macho Man Mentality”
- Pre Work/ Post Lunch Warm Up
 - Professional athlete vs. Professional contractor

"Even light stretching activities can help you protect yourself from strain related injuries and back pain as the result of reaching, bending, or stooping during daily tasks. **A well-stretched muscle more easily achieves its full range of motion, improving performance.** Those who practice stretching also find it to be a great way to get you moving in the morning, to limber up after sitting for a long period of time, or a way to relax after a long day. Don't just stretch at work. Make it part of your daily routine."

-Mark Stice, CSP/CHST
Bear Valley Loss Control Services, LLC

“Pre-shift meetings are required by regulations in many industries such as construction. Employers often use these times to discuss general safety topics, compliance issues, and site specific hazards. All of these topics effectively improve awareness. **But, safety managers who work to proactively address losses often take their programs to the next level by introducing pre-shift stretching.** This simple activity gives the muscles an opportunity to warm up, increasing flexibility for the long day ahead. Many employers find this activity beneficial in other ways. An enhanced sense of teamwork, visibly positive safety culture, reduced long term fatigue and improved overall employee health are among the many intangible benefits. When **senior management participates** in these stretching activities, the employees see the commitment and respond accordingly. The programs may appear difficult to implement initially but the rewards in the long term are great with minimal investments of time. BHC encourages proactive safety efforts and risk reduction activities such as pre-shift stretching routines.”

-Steve Hamilton Senior Loss Control Specialist
Berkshire Hathaway Homestate Companies

SOLUTION

- **Help mitigate the exposure of back claims with a stretch and mobility routine**
- **The Routine Criteria;**
 - Focused on strengthening and flexing the muscles supporting the back while providing total body activation
 - Capable of completing in 5 to 10 minutes
 - Achievable for the employee who does not return to the yard, *i.e. build the stretch around the truck to avoid possible excuses*
 - Comprised of basic movements that are easily performed
 - Translated into both English and Spanish

IMPLEMENTATION

- **Make it achievable and routine**
- **Perform the stretch during safety orientation**
- **Reward employees for learning and knowing the stretch**
- **Have employees lead the stretch**
- **Relay the benefits**
 - Prolong career
 - Better production
 - Overall wellness

ENGLISH











MOBILITY AND STRETCH PROGRAM

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MOBILITY

<p>1) SINGLE-LEG KICKBACK (FRONT TO BACK) (15/15)</p> <p>Start standing upright with knee raised (image 1). Kick backwards through the heel activating the glute (image 2). 15 kicks per leg</p>  	<p>2) SINGLE-LEG SWINGS (SIDE-TO-SIDE) (15/15)</p> <p>Start standing upright with leg raised out to the side (image 1). Kick diagonally across the body (image 2). 15 kicks per leg</p>  	
<p>3) STANDING HIP HINGE (15)</p> <p>Start by driving the hips back. Keep your back strong and shoulder blades sagged together (image 1). Drive forward through the hip to stand tall. Flex the glute muscles hard (image 2). 15 repetitions</p>  	<p>4) TRUCK PUSH (4/4)</p> <p>Place hands on truck at about shoulder level. Lean against the truck and push with consistent force for 5 seconds 4 times per leg.</p> 	<p>5) TRUNK ROTATION (20)</p> <p>Stand and rotate through the torso and waist. Pivot through the opposite leg of the direction of rotation. 20 alternating repetitions</p> 

STRETCH

PERFORM EACH STRETCH 30-60 SECONDS

<p>1) HIP FLEXOR STRETCH</p> <p>Place foot up on higher surface. Draw your gut in and flex your glute to maximize the stretch.</p> 	<p>2) BULGARIAN SPLIT STRETCH</p> <p>Place your foot on the seat of the truck. Hold the door for balance. Drop back towards your back foot. Flex your glute and draw your gut in.</p> 	<p>3) LEANING BACK STRETCH</p> <p>Find a secure place to hold the truck, and lean back keeping your legs near straight (bend the knees to reduce intensity).</p> 	<p>4) CROSS LEAN BACK STRETCH</p> <p>Stand side facing the truck, reach across and grab a secure hold. Step forward with your inside foot. Lean away from the truck to stretch.</p> 
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Red shaded areas are highlighted to encourage you to activate that zone of muscle to better feel the movement and stretch. Blue shaded areas are highlighted to show you where the stretches are meant to be felt in the movement or stretch. On a scale of 1-10, 10 being the most intense you can imagine, these movements should be done at about a 3 to 5 range. This scale is called Rate of Perceived Exertion or RPE.

Exercise is not without its risks, and this or any other exercise program could result in injury. By participating in these exercises, you expressly warrant and release RMISI from any and all claims that may result from your participation.

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SPANISH











MOVILIDAD Y ESTIRAMIENTOS MUSCULARES PROGRAMA

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MOVILIDAD

<p>1) PATADAS DE FRENTE HACIA ATRÁS (15/15)</p> <p>Comience de pie con la rodilla levantada (imagen 1). Pate hacia atrás flexionando el talón para activar el glúteo (imagen 2). 15 patadas por pierna</p>  	<p>2) PATADAS DE LADO A LADO (15/15)</p> <p>Comience de pie con la pierna levantada hacia un lado (imagen 1). Pate diagonalmente a través del cuerpo (imagen 2). 15 patadas por pierna</p>  	
<p>3) DOBLANDO A TRAVÉS DE LA CADERA (15)</p> <p>Doblase a través de la cadera, manteniendo la espalda recta y los hombros hacia atrás (imagen 1). Flexionando el glúteo, empuje la cadera hacia frente hasta que regreses a la posición vertical (imagen 2). 15 veces</p>  	<p>4) EMPUJE DE CAMIONES (4/4)</p> <p>Con las manos al nivel del hombro y un pie en frente del otro, empuje el camión con fuerza constante por 5 segundos. 4 veces por cada pierna</p> 	<p>5) ROTACION DE TRONCO (20)</p> <p>Estando de pie y gire el torso y la cintura de lado a lado. Gire el pie del lado opuesto del movimiento. 20 veces alternadas</p> 

ESTIRAMIENTOS MUSCULARES

SOSTENGA CADA ESTIRAMIENTO 30-60 SEGUNDOS

<p>1) ESTIRAMIENTO DE LOS FLEXORES DE LA CADERA</p> <p>Coloque el pie en una superficie más alta. Contrae tus músculos abdominales y flexiona tu glúteo para maximizar el estiramiento.</p> 	<p>2) ESTIRAMIENTO GLÚTEO</p> <p>Coloque el pie sobre el asiento del camión. Sosteniendo la puerta, retrocede hacia el asiento y flexione su glúteo.</p> 	<p>3) ESTIRAMIENTO DE ESPALDA</p> <p>Encuentre un lugar seguro para sostenerse en el camión y apóyese hacia atrás manteniendo las piernas rectas.</p> 	<p>4) ESTIRAMIENTO ROTACIONAL</p> <p>Parase de medio lado, frente al camión, cruce el brazo y sosteniéndose en el camión inclínase hacia el lado, alejándose del camión para estirarse.</p> 
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Las áreas de color rojo se destacan para animarle a activar esa zona del músculo para sentir mejor el movimiento y estiramiento. Las áreas de color azul se destacan para mostrarle donde debes sentir el movimiento o estiramiento. En una escala de 1-10, el 10 siendo el más intenso que puedas imaginar, estos movimientos deben realizarse en una gama de 3 a 5. Esta escala se llama Escala de Esfuerzo Percibido.

El ejercicio no está exento de riesgos, y este o cualquier otro programa de ejercicio podría resultar con lesiones. Al participar en estos ejercicios, usted renuncia y libera expresamente a RMISI de todas y cada una de las reclamaciones que puedan resultar por su participación.

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