

Benefits of Stretch & Flex Programs include:

- Reduced injury risk
- Improved athletic (job) performance
- Improved circulation (lowers the risk of stroke)
- Increased range of motion
- Less pain (studies associated with poor posture)
- Improved relaxation (stress management)

2017 Study (13 Heavy Highway Companies)

- 51% reduction work related musculoskeletal disorder injuries
- 49% reduction in OSHCA recordable injuries
- 61% reduction in OSHCA lost workday injuries