

# **Strains, Sprains, & Pains:** **Ergonomic Injury Prevention for** **Commercial Fishermen**

Part C- Stretching exercises

[www.amsea.org](http://www.amsea.org)

# Susan Harwood project

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**Whistleblower regs: “Each employer shall furnish to each of his employees employment and a place of employment which are free from recognized hazards that are causing or are likely to cause death or serious physical harm to his employees.”**

## **Employees have the right to:**

1. Working conditions that do not pose a risk of serious harm.
2. Receive information and training (in a language workers can understand) about hazards, prevention, and OSHA standards that apply to their workplace.
3. Review records of work-related injuries and illnesses.
4. Get copies of test results done to find and measure hazards in the workplace.
5. File a complaint asking OSHA to inspect their workplace if they believe there is a serious hazard or that their employer is not following OSHA rules. When requested, OSHA will keep all identities confidential.
6. Use their rights under the law without retaliation or discrimination. If an employee is fired, demoted, transferred or discriminated against in any way for using their rights under the law, they can file a complaint with OSHA. This complaint must be filed within 30 days of the alleged discrimination.

Go to [www.whistleblowers.gov](http://www.whistleblowers.gov) for more information

# ***STRETCH BEFORE YOU CATCH***

## **BACK STRETCHES**

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### **Why stretch?**

- **More blood & O<sub>2</sub>**
- **More flexibility & agility**
- **More mentally alert**
- **More productive!**
- **“Motion is the Lotion”**

### **When do you stretch?**

- **Before work/season**
- **During work**
- **After work**

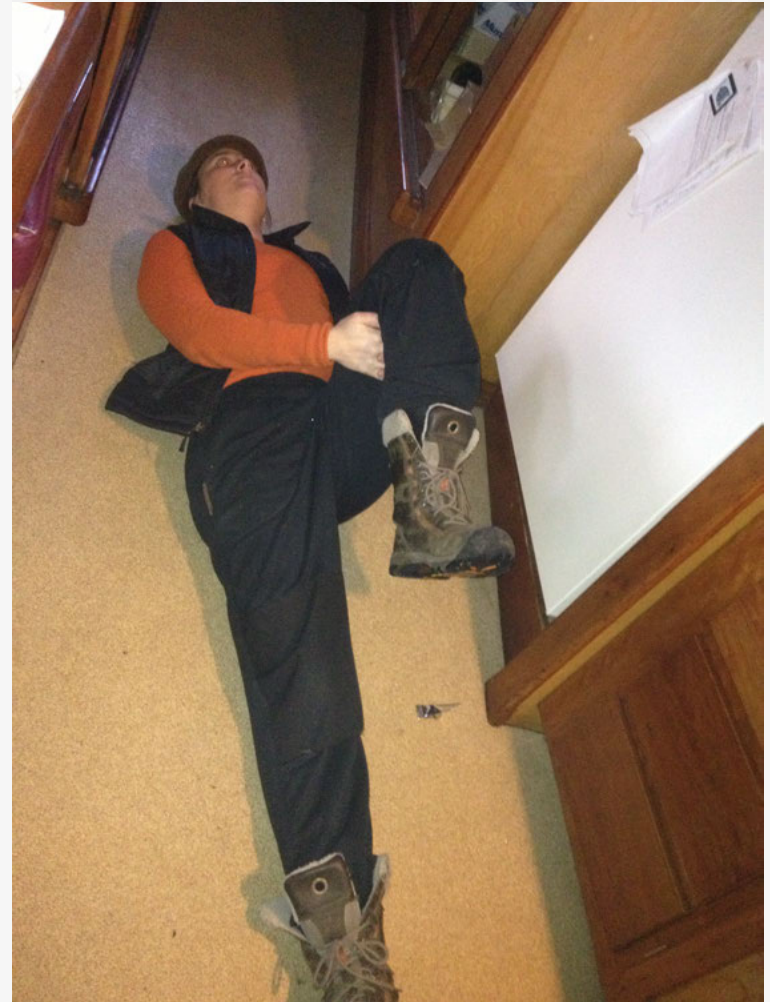
# Stretching Considerations

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- 1. Professionally assess posture/ underlying issues.**
- 2. If MSD issue exists, get professional help.**
- 3. Stretch slowly, no bouncing or pain/worsen condition.**
- 4. No exercises if they will cause harm/pain!**
- 5. Make stretching a daily routine.**
- 6. Goal- increase flexibility.**

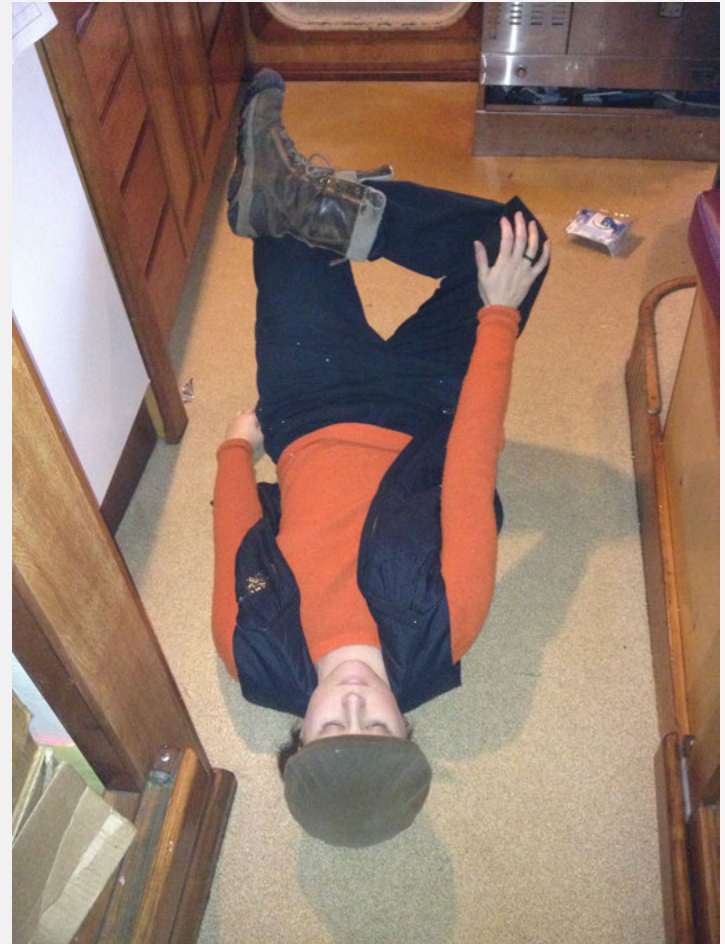
# ***Before Work: Knee to Chest Stretch***

- 1. Hand behind knee, pull knee to chest until comfortable stretch felt in lower back /butt.**
- 2. Relax back.**
- 3. Hold 30''- Repeat 3x alternate legs.**



# ***Before Work: Back Adductor Stretch***

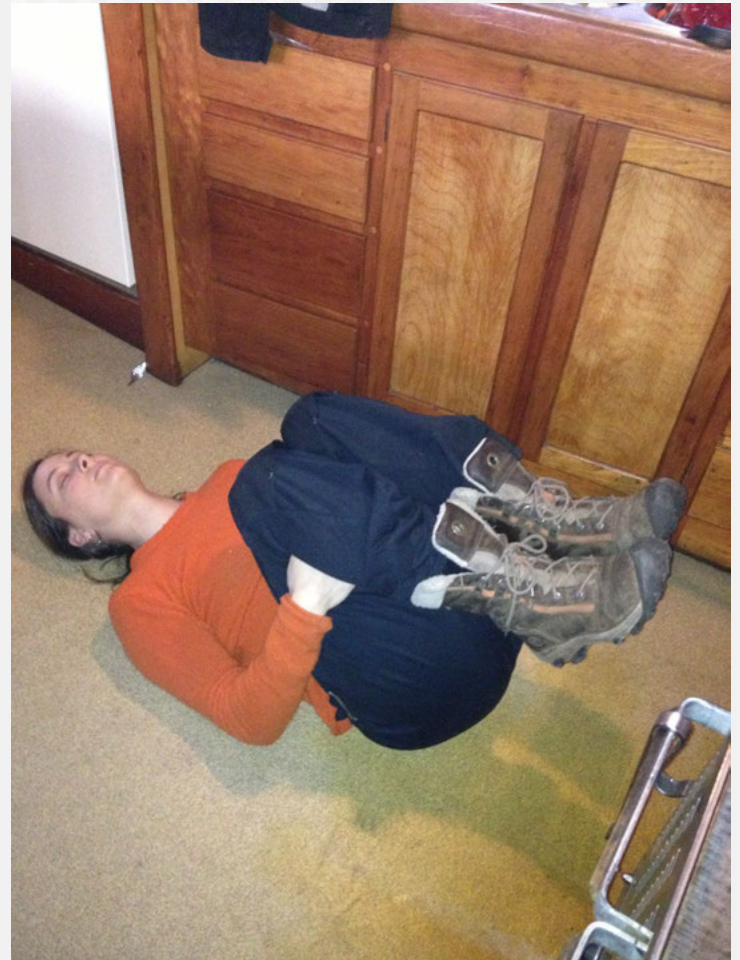
- 1. Place ankle on opposite knee.**
- 2. With hand push away on bent knee.**
- 3. Hold 30''-**
- 4. Alternate legs - Repeat 3x.**





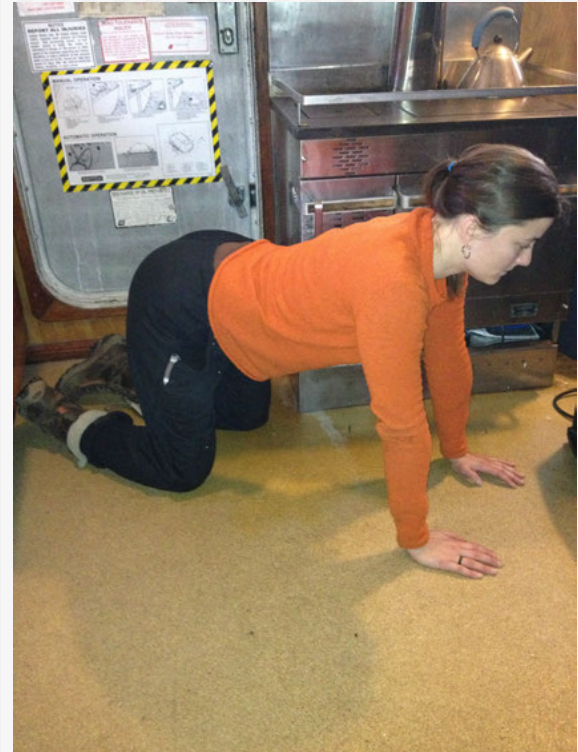
# ***Before Work: Knees to Chest***

- 1. Lie on back with knees bent.**
- 2. Bring knees to chest using arms.**
- 3. Do 2 sets, 3**





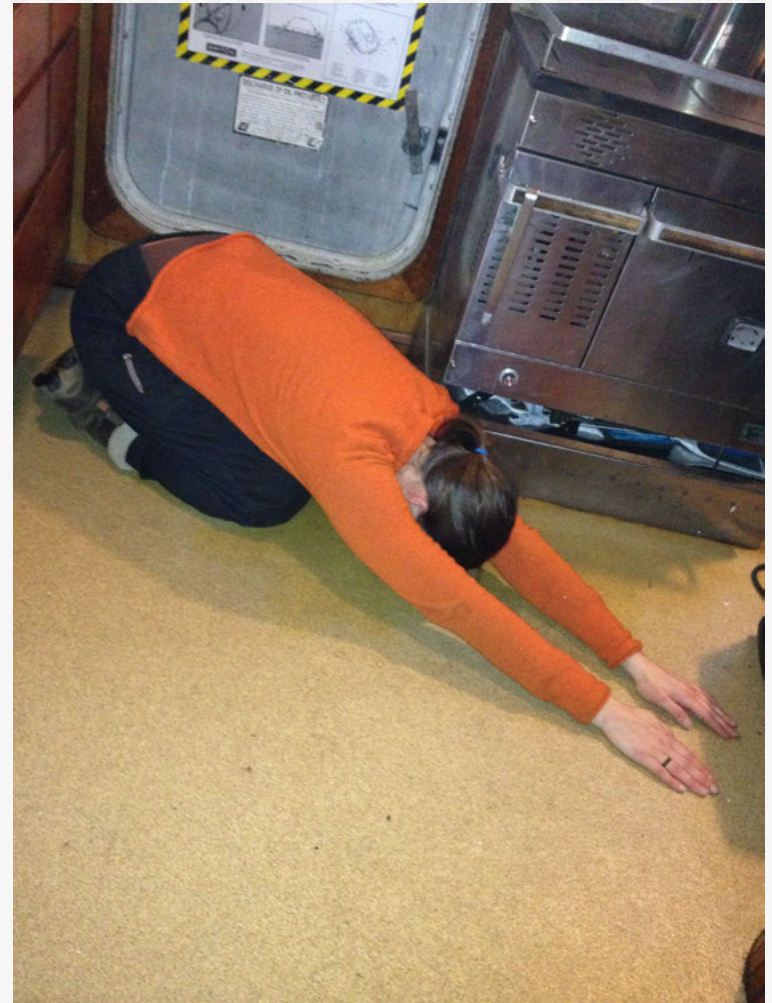
# ***Before Work: Cat/Cow***



- 1. Arch back 30"- sag back 30"**
- 2. Do 2 sets of 3 reps**

# ***Before Work: Trunk Stretch***

- 1. Reach arms out, elbows straight.**
- 2. Gently sit back on heels.**
- 3. Hold 30"**
- 4. Do 2 sets, of 3 reps.**



# Shoulder Stretches-

## Scapular Retraction

1. Elbows bend to 90°.
  2. Pinch shoulder blades together.
  3. Rotate arms out.
  4. Keep elbows bent.
- repeat 10-30x/set  
every few hours





# Shoulder Stretches-

## Shoulder Shrug



**Shrug shoulders up and backward.  
20-30x/day. Every few hours.**

# Shoulder Stretches-

## Scapula Retraction

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- 1. Bend elbows 90°.**
- 2. Pinch shoulder blades together, rotate arms out.**
- 3. Repeat 10-30x per set.**
- 4. Every few hours.**



# Shoulder Stretches-

## Corner Stretch

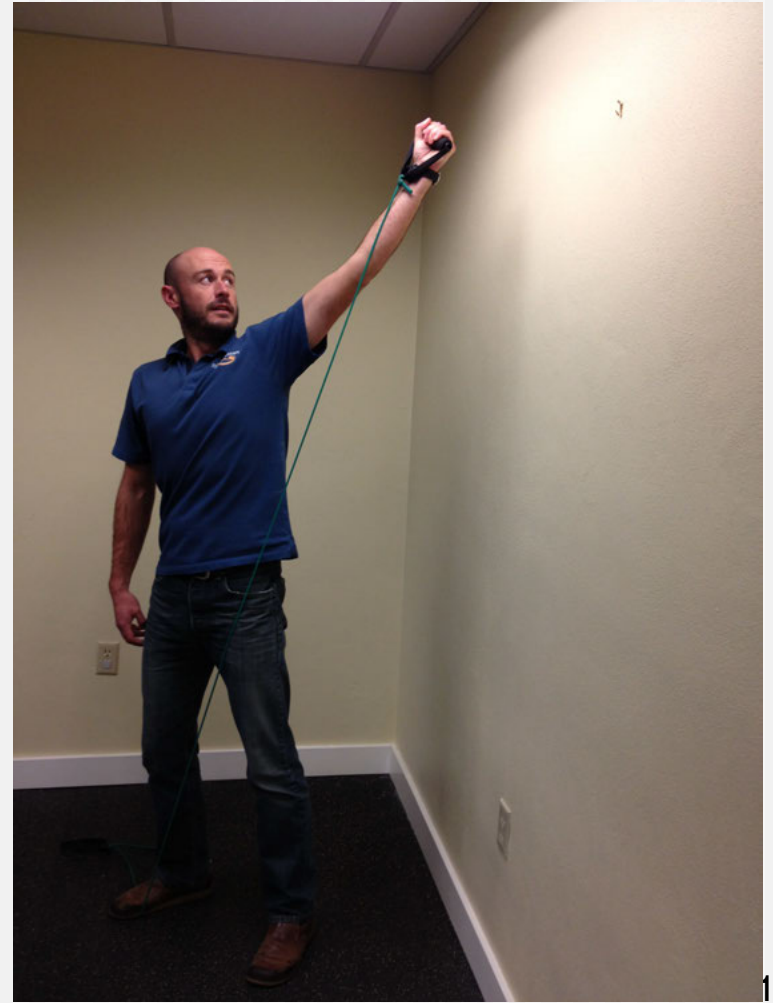
1. Lean into corner with hands shoulder level.
2. One foot ahead of other until stretch felt across chest.
3. Hold 30”.
4. Repeat 3x.
5. 1 – 3x/day.





# Shoulder Stretches Bungees

## - foot/outstretched hand





# Shoulder Stretches

## - push ups

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# Elbow – Hand bend

- 1. Move hand against fixed resistance.**
- 2. Hold 3 seconds, 10x**



# Elbow – Hand Press

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- 1. Move wrist back against fixed resistance.**
- 2. Hold 3 seconds, 10x**



# **Carpal Tunnel Syndrome- Exercises**

## **Active Straight Fist**

- 1. Fingers straight.**
- 2. Bend knuckles & middle joint.**
- 3. Touch fingertips to palm.**
- 4. Repeat 10x, 1-2x/day**





# **Carpal Tunnel Syndrome- Exercises**

## **Active Hook Fist**

- 1. With fingers & knuckles straight, bend middle & tip joints.**
- 2. Do not bend large knuckles.**
- 3. Repeat 10x-1 or 2x/ day.**



# **Carpal Tunnel Syndrome - Exercises**

## **Active Full fist**

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- 1. Straighten all fingers.**
- 2. Make a fist.**
- 3. Bending all joints.**
- 4. Repeat 10x; 1-2x/day**



# **Carpal Tunnel Syndrome & Elbow Exercises- Wrist Extensor Stretch**

- 1. Keep elbow straight.**
- 2. Grasp hand & slowly bend wrist forward until stretch is felt.**
- 3. Hold 30 seconds.**
- 4. Relax.**
- 5. Repeat 3x/day & every few hours**





# **Carpal Tunnel Syndrome & Elbow Exercises- Wrist Flexor Stretch**

- 1. Straight, grasp hand**
- 2. Slowly bend wrist back till stretch is felt.**
- 3. Hold 30 seconds.**
- 4. Relax**
- 5. 3x per set**
- 6. Every few hours/day**



# **Design your own 2-5 minute warm-up before going on deck!**

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- **There are many exercises available.**
- **Determine which address your needs.**
- **Stretch! Regularly!**

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