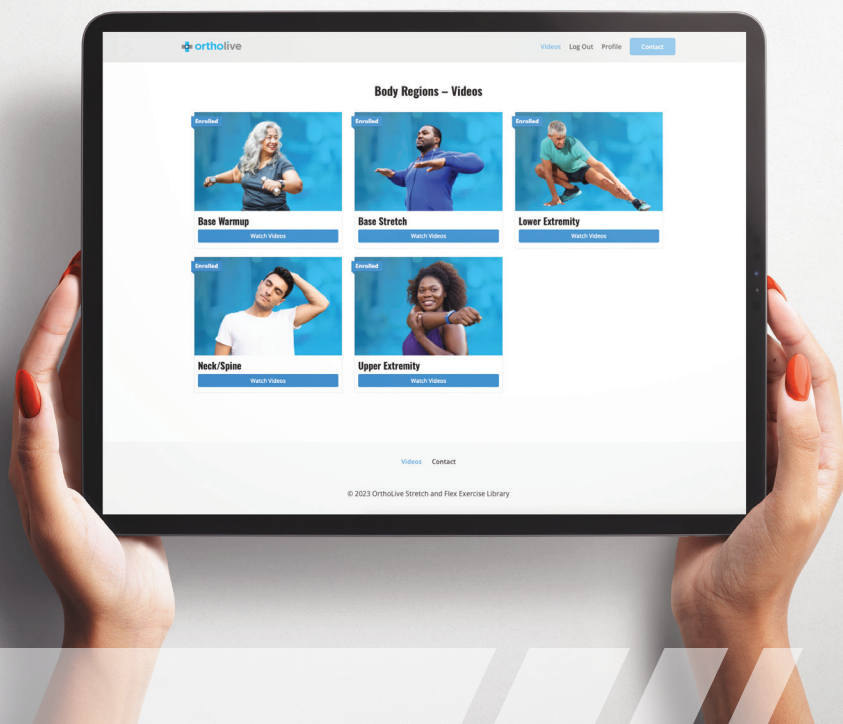# ortholive

STRETCH & FLEX
ANYTIME, ANYWHERE

Revolutionizing Preventative Care

What is Stretch & Flex?

Stretch & Flex is a program of stretches that strengthen the specific muscles that are commonly associated with strains, sprains and ergonomic injuries making it INSTANT added value to you and your team.

With a huge library of expert created stretches and exercises at your finger tips; this program will keep you and your team healthy and performing at their best. Videos are easy to follow making a pre-shift warm up or even a post shift cool down fun and simple. Do it on your own or gather a group to do it as a team boosting your teams stamina and culture.

START YOUR DYNAMIC WARM UP TODAY.
LET'S GET READY TO WORK!

Quality Content

Library of Exercises

Easy & Simple To Use

Better Outcomes

Save $$$

To learn more about OrthoLive's Stretch & Flex Program visit:

ortholive.com

STRETCH & FLEX VS NO STRETCH & FLEX

- Workers who participated in a daily stretching program had a 50% reduction in musculoskeletal injury rates

- 67% decrease in lost work day cases

- Improves your range of motion & posture

- Reduces soreness

- Improves energy levels

- Increases Stamina

- Promotes healthy blood circulation

- Reduces Fatigue

- Reduces Pain Levels

- Improves overall Strength

- Better Body Awareness

- Decrease number of OSHA Record-able injuries

- Improve employee morale & health

- Reduces Stress

- Increased Stress

- Increased Strain on tight muscles

- Reduced muscle strength due to poor range of motion

- Affected balance and coordination

- Slow reaction times

- Reduced ability to rehab injuries without physical therapy

- Increased risk of MSK injuries

- Increased risk of lost time

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