# Why Pre Shift / Pre Task Stretching Works

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Pre shift / pre task stretching is all about taking a proactive approach to health and safety. Stretching before beginning work can reduce the risk of sprains, strains and numerous other injuries to the musculoskeletal system.

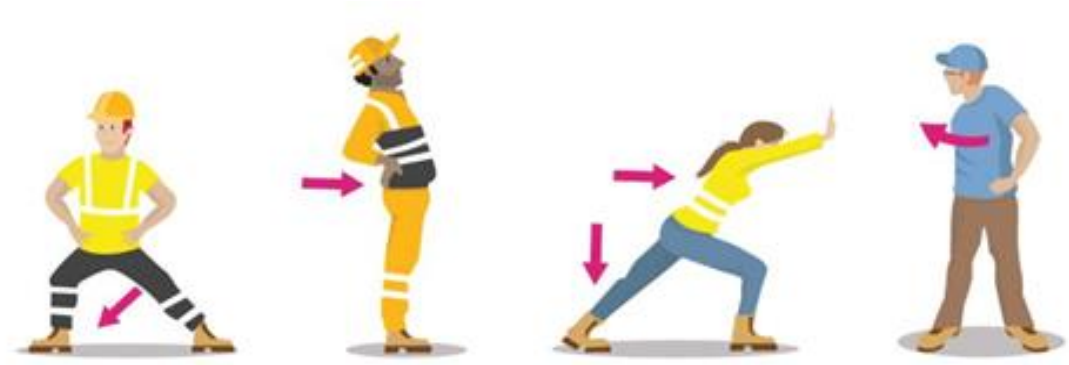
## So Why Does Pre Shift / Pre Task Stretching Work?

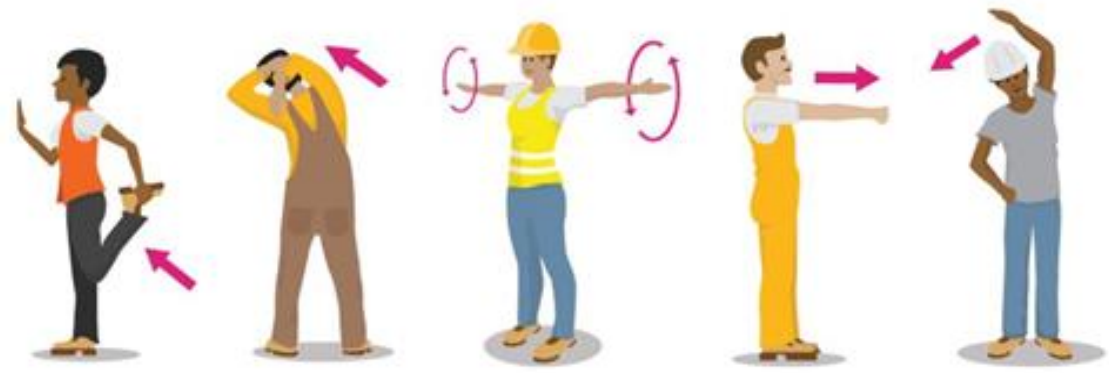
Pre shift pre task stretching reduces the risk of musculoskeletal injuries by reducing fatigue, improving muscular balance and posture, and improving muscle coordination.

It increases your range of motion, which prevents injuries, promotes flexibility and makes everyday activities easier.

## Stretching Reduces Fatigue

- Stretching increases blood supply and nutrients to joint structures.
- Stretching increases soft tissue temperature and allows for greater elasticity of tissues.
- Stretching increases joint synovial fluid (lubricant for bones and articular cartilage) that allows greater range of motion and reduces joint degeneration.
- Stretching increases a joint's ability to move through a greater range of motion with less energy required to do so.
- Stretching decreases resistance in tendons and muscles.





## Stretching Improves Muscular Balance and Posture

- Soft tissue structures often adapted poorly to effects of gravity and poor postural habits.
- Stretching realigns soft tissue structures, thus reducing effort to achieve & maintain good posture in activities of daily living.

## Stretching Improves Muscle Coordination

- Stretching enhances nerve impulse velocity (the time it takes an impulse to travel to the brain and back to the muscle).
- Stretching helps opposing muscle groups work in a more coordinated fashion.