

DoD Ergonomics Working Group NEWS



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The Stretching Debate: A New Fact Sheet from the U.S. Army Public Health Command (Provisional)

It's a fact...you should know about the debate on stretching.

Recommendations promoting a stretching program change from year to year and expert to expert. In the past, stretching has been advocated as an essential part of a workplace fitness program and a way to decrease injury risk, prevent soreness, and improve performance.

From an injury prevention perspective, there is much debate about the benefits of stretching. However, there is evidence that properly stretching will increase the muscles' range of motion. **Read Fact Sheet 25 to find out more.**



Soldiers from Fort Meade warm-up prior to the installation's "Year of the NCO" run.

Go to:

<http://usachppm.apgea.army.mil/ergopgm/factsheets.aspx>

Scroll down to Fact Sheet 25.