



Active Stretching™ & 3-Point Positioning™

All Stretches Are Not Created Equal!

In the same amount of time it takes to stretch approximately 20 muscles with typical stretching programs, TIPS Active Stretches warm up and stretch almost 600 muscles. We do this by using whole movement systems, tri-plane movements and opposing movements to gain full muscle involvement. Additionally, TIPS Active Stretches™ correspond to movement patterns used while working, so they are easier to relate to specific job activities and for improving comfort and safety.

Benefits of TIPS Active Stretching™

- *Combines warm-up and stretching in one*
- *Stretches almost 600 muscles in about 10 minutes*
- *Increases circulation to reduce inflammatory issues*
- *Uses focused movement patterns required for key worksite tasks*
- *Decreases the effect of vibration*
- *Helps reduce micro-muscle spasms*
- *Improves neuromuscular communication and kinesthetic awareness*
- *Serve as counter movements to offset the effect of repetitive or challenging work*
- *Reduces compensation patterns that elevate injury risk*
- *Improves core stabilization*

TIPS 3-Point Positioning and Movement System™

Virtually all your employees have some dysfunction! Life happens to all of us, and we compensate to get by in the short run. For the body, this can mean accumulating movement deficiencies that result in poor function and increased risk. The TIPS 3-Point system provides a way to identify and correct compensation issues, thereby reducing physical weaknesses, tightness, joint stress, fatigue and risk. Adding TIPS 3-Point Positioning and Movement System to daily stretching helps to ensure that the muscles that are tight are actually stretched. Best of all, our 3-Point system for correction is simple to understand and apply with any position or activity.

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