

Stretching Products, Services, and Training



Simple on-site stretching that helps reduce injuries and keep employees healthy

With musculoskeletal disorders accounting for \$1 out of every \$3 spent on workers' compensation, occupational injuries continue to create significant impact on workflow and productivity. Your employees need to be treated like industrial athletes.

That's why Atlas offers a variety of stretching program options designed to reduce muscle strain, increase blood flow, and help alleviate minor pain associated with repetitive motion, forceful activities, or static/awkward positions.

We Offer Stretch It Out!® Onsite

Atlas has partnered with Ege WorkSmart Solutions to provide a simple, cost effective, and ready-to-implement stretching program designed for any environment. The solution starts with SIO!® materials including:

- A SIO! user's site license
- A SIO! user's 60-page manual that outlines the role of stretching in safety, the physiology of stretching, a step-by-step implementation guide, and a guide to monitor results
- 10 stretch coach handbooks with illustrations of proper stretches

We combine the materials with:

- Telephonic pre- and post-launch support
- On-site training for your stretch coaches

Don't need launch support or on-site training? Simply order SIO! online and receive a 10% discount on the materials. Go to www.egesolutions.com and enter promotion code: **AESIO10**.



We Offer Customization

Need a stretching program that's a little more specific? We work on-site to review your jobs and their physical demands. We evaluate your injury concerns and design a stretching program that is job-specific, targeting your areas of highest risk. Finally we provide pre- and post-launch support, as well as on-site training for your stretch coaches. Do you like being unique? We can make that happen.

Nationwide Network

No matter where you live, Atlas is there. We have teamed with a select group of the best healthcare professionals across the country. Chances are there's an Atlas professional in your community. It's our commitment to keeping your people injury-free and your business on track.