

**KUHLEFIT**  
RENEW YOUR VITALITY



# Trucker Service Association

LIVE HEALTHY  
DRIVER HEALTH CAMPAIGN

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"YOU ARE ONLY AS YOUNG AS YOUR SPINE IS  
FLEXIBLE"

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# "EVERYDAY I STRETCH MY COMFORT ZONE A LITTLE FURTHER"

Virtually every driver would benefit from stretching. Most drivers spend the vast amount of their day behind a steering wheel. In many cases, driving well over 8 hours just to get out of the cab to sit down to eat and watch TV. This results in the entire day being spent in a seated position. Being humans and evolving for movement, it's no wonder that many drivers suffer from head, neck and shoulder issues, low back pains, even headaches and cranky knees. All of this sitting only exacerbates muscle imbalances and promotes a decrease in flexibility. The great news is it's never too late to start.

## LACKING FLEXIBILITY

is a huge concern for driver health and longevity. It not only makes simple actions (such as putting on shoes, picking up groceries or sitting cross-legged) more difficult, but it continues to get worse over time. Poor flexibility leads to poor movement patterns, the wrong recruitment of muscles and makes tasks such as picking up heavy items inherently dangerous. Imagine picking up groceries or a grandchild off the floor and throwing out the low back; impairing EVERY aspect of your day for the next 2-5 days. The sad thing is this is not uncommon but it's also far from normal.



# TRUTH SPEAKERS

Parents were speaking the truth when scolding their children for not standing up tall. Having an ideal posture is great for one's health. It helps keep muscles in balance, reduces injury, reduces stress, and allows for optimal alignment and efficiency of different bodily systems. Would you have thought poor posture can actually lead to potential disease of the body? It's true. Poor posture can lead to impaired circulation of the body and inappropriate support of the organs, thus creating an internal environment that's conducive to dysfunction of the system.

## MYTHS

There are a lot of common myths about stretching. Some believe that stretching is only helpful to those who practice yoga. Others indicate that a 30-minute stretching routine is required for optimal health. None of this is accurate. But one thing is certain: stretching is beneficial and anyone can do it. There is no required set of skills or minimum length of time. It's as simple as stretch any muscle that is tight.



A GOOD GOAL IS  
LIKE A  
STRENUOUS  
EXERCISE - IT  
MAKES YOU  
STRETCH

# STRETCHING 101

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## LET'S GET STARTED

\*If anything ever feels sketchy, stop immediately. Stretching should not be painful, hurt, or cause injuries\*

## TECHNIQUES

- **Contract and Relax Method**
  - a. Passively move into the stretch. Apply LIGHT/SUBTLE resistance and hold for 3-5 seconds. Relax
- **Static Hold Method**
  - a. Move into the stretch and hold for the desired amount of time.
- **Flossing Method**
  - a. "Floss" in and out of the stretch at your own pace for desired amount of time. It's not the amount of "reps" you accumulate but the quality of the "reps"



# STRETCHING TIPS

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## TIPS

- If the muscle doesn't feel tight - don't stretch it. People have a tendency to stretch muscles that don't require any stretching.
- If the muscle feels tight upon assessing it then it should be stretched.
- I like to stretch starting from the neck and working down towards the toes.
- Do not hold your breath. If you notice this, ease up on the intensity.
- No need to stretch any specific muscle for longer than 30-60 seconds prior to exercise.
- I err on 30 seconds when stretching any of my neck muscles.
- A stretching program should take under 15 minutes; 10 minutes is more realistic.

Below is a stretching routine that would benefit nearly every truck driver and takes less than 10 minutes.

**\*\* This is not an extensive list. If you have others you like to perform, by all means \*\***

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# STRETCHING ROUTINE - PT. 1

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## NECK SIDE FLEXION

In a seated position side flex your neck. Apply minimal resistance with hand.

May use contract and relax or static hold methods



## NECK ROTATION

In a seated position rotate your neck. Apply minimal resistance with hand to cheek bone.

May use contract and relax or static hold methods



## LEVATOR SCAPULA

In a seated or standing position raise arm above head and place hand on upper back. Look down and away from raised arm.

May use contract and relax or static hold methods

# STRETCHING ROUTINE - PT. 2

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## NECK EXTENSORS

In a seated or standing position flex head forward by looking down while keeping torso erect. Try flattening the back of your neck which stretch the neck extensors. Should feel stretch at the base of the skull.

\*Do not hold this one for longer than 10 seconds. Rest. Repeat 1-2x times



## CHEST

In a kneeling position. Extend arm horizontally onto a stable platform. Apply force down into the platform, thus stretching the chest.

May use contract and relax method or static hold.



## MID BACK AND ABS

Sit on a Swiss Ball and extend over (as shown). Exhale and roll into a squat position (not shown). Inhale and roll back over the ball (shown).

"Floss" between these two positions using your breath to dictate your speed.

\*\*If you get dizzy when rolling back. STOP immediately\*\*



# STRETCHING ROUTINE - PT. 3

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## LUNGES

In a kneeling lunge position squeeze the glute of the leg that's kneeling on the ground, creating a stretch in the front of the hips.

May use contract and relax method or static hold, or flossing in and out of tension.



## 90/90

In a seated position. Create a 90° angle with thigh and shin of both legs (as shown). Maintaining a neutral spine, bend over forward thigh - creating tension in the glute.

May use contract and relax method or static hold.



## MACKENZIE PRESS UP

Lying on your stomach with your glutes squeezed. Press and extend your chest up off the floor.

May use contract and relax method, floss up and down or static hold.