Center for the Science of Health Care Delivery

OR-Stretch - Application Instructions

How to use the OR-Stretch orstretch.mayoclinic.org

1. Login to orstretch.mayoclinic.org with the surgeon's email before surgery
   (button top right). Select seated or standing surgery.
2. Set reminder interval any time between 20 and 55 minutes.
3. Push START.
   a. OR-Stretch will remind you to stretch at the end of the set interval with a
      harp sound.
   b. There will be a snooze button that you can set between 2 and 40 minutes.
   c. When you want to take a stretch break, whether prompted by the alarm or
      not, please push GO.
4. To Stop or Pause OR-Stretch, just push the STOP/PAUSE button.
   a. You will then have the option to:
      i. Pause after this case with Surgical Case is Over and resume for the next surgery
      ii. Finish for the Day. This is a log-out.
      iii. Return to OR-Stretch.

Questions, concerns or suggestions?

Contact: ORStretch@mayo.edu
OR-Stretch Application Computer-side Guide

1. **Login** at orstretch.mayoclinic.org
2. Push 🌻 when case begins
3. Push 🌻 to stretch when harp sounds or at any time
4. **STOP/PAUSE** when necessary
5. Select option

**Tip during use:**

Snooze: To delay the stretch 5 and 40 minutes when harp sounds

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