

STRETCHING



Stretch breaks will help reduce muscle tension caused when muscles remain static or fixed in one position for too long. Muscles when remaining static will fatigue more easily, circulation will decrease, you will become uncomfortable and the task will become more difficult. Stretching can help relieve discomfort due to repetitive movements and awkward postures.

REMEMBER STRETCHING SHOULD NOT CAUSE PAIN!!!

Neck Stretches

- Tuck your chin
- Tilt your head toward each shoulder
- Turn your head from side to side, look over your shoulder
- Keep your head aligned, **DO NOT** stick your neck out

Shoulder Stretches

- Shrug your shoulders, then relax them. Roll your shoulders forward and backward. Gently shake your shoulders.
- Pinch your shoulder blades together.
- Reach over head and stretch, while stretching do side bends.

Lower Back Stretches

While sitting

- Bend forward in your chair and if able touch hands to floor
- Grasp leg at shin, slowly pull leg up to your chest
- Repeat with other leg
- If you have knee pain, place hands behind thighs and slowly pull

While standing

- Place hands on hips, bend backward

Upper Back & Arm Stretches

While sitting

- Sit up straight, place your hands behind your head, move your elbows backwards to pinch your shoulder blades together
- Stretch your arms behind your back



Hand Stretches

- Make a fist, then span or spread your fingers as far as possible

Wrist Stretches

- Hold arms straight out in front of body bend your hands up and down.

Forearm Stretches

- Place palms together with fingers pointing toward ceiling. Keeping palms together, slowly lower hands until you feel a stretch.

And.....

- Get out of your chair and walk. Our bodies were created to move and change positions
- Alternate typing tasks with break jobs or alternate work tasks
- Reduce repetitions
- Take stretch breaks

