



Ergonomic Stretches

Instructions

The following stretching exercises work to stretch the muscles and joints that become shortened, tightened and / or stiff due to prolonged sitting.

ALL STRETCHES MUST BE PERFORMED SLOWLY AND CAREFULLY.

THEY SHOULD NOT BE PAINFUL.

It is not uncommon to feel an increased level of discomfort while stretching. However you should not experience increased discomfort over time as a result of stretching. If this is the case, the stretches should be stopped. Also, please inform your Health & Safety Representative regarding these issues.

Neck Discomfort



Chin Tuck

Stretch and Hold

5 reps
5 second holds
5 times / day



Lateral Neck Stretch

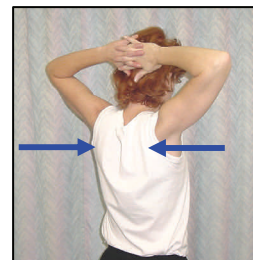
Shoulder Discomfort



Swimmer's Stretch

Stretch and Hold

5 reps
5 second holds
5 times / day



Butterfly Stretch



Stretch Across



Reach for the Sky



Ergonomic Stretches

Elbow Discomfort



Tennis Elbow Stretch

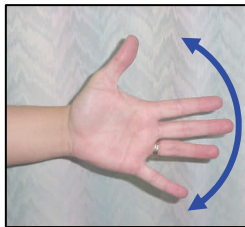
Stretch and Hold

5 reps
5 second holds
5 times / day

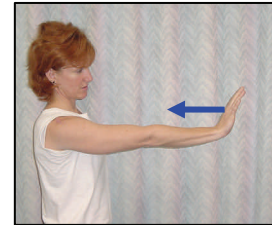
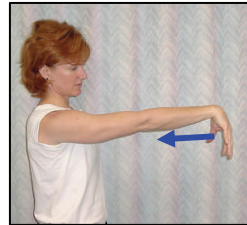


Tricep Stretch

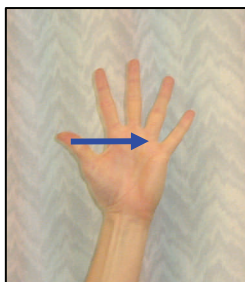
Wrist / Hand / Finger Discomfort



Open / Close Fist



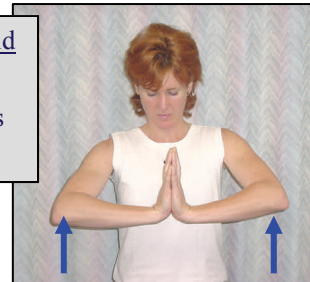
Wrist Flexion / Extension



Thumb Stretch

Stretch and Hold

5 reps
5 second holds
5 times / day



Prayer Stretch



Ergonomic Stretches

Back Discomfort



Back Extension

Stretch and Hold

5 reps
5 second holds
5 times / day



Knees to Chest Stretch

Lower Extremity Discomfort



Toe Raises



Stretch and Hold

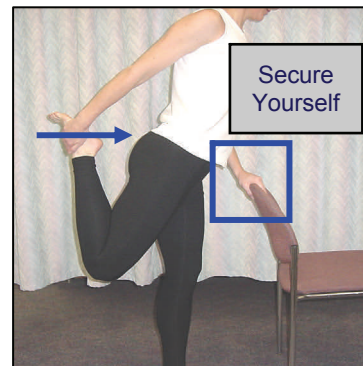
5 reps
5 second holds
5 times / day



Hamstring Stretch



Calf Stretch



Thigh Stretch