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.

<table>
<thead>
<tr>
<th>Neck Discomfort</th>
<th>Shoulder Discomfort</th>
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</thead>
<tbody>
<tr>
<td><strong>Chin Tuck</strong></td>
<td><strong>Stretch and Hold</strong></td>
</tr>
<tr>
<td></td>
<td>5 reps</td>
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<td></td>
<td>5 second holds</td>
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<td></td>
<td>5 times / day</td>
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<tr>
<td><strong>Lateral Neck Stretch</strong></td>
<td><strong>Swimmer’s Stretch</strong></td>
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<tr>
<td><strong>Butterfly Stretch</strong></td>
<td><strong>Reach for the Sky</strong></td>
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<tr>
<td></td>
<td><strong>Stretch Across</strong></td>
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</tbody>
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**Reach for the Sky**

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**Butterfly Stretch**
Ergonomic Stretches

- **Wrist Flexion / Extension**
  - *Open / Close Fist*
  - *Thumb Stretch*
  - *Prayer Stretch*

- **Elbow Discomfort**
  - *Tennis Elbow Stretch*
  - *Tricep Stretch*

**Instructions**

- **Stretch and Hold**
  - 5 reps
  - 5 second holds
  - 5 times / day
Ergonomic Stretches

**Back Discomfort**
- **Back Extension**
- **Knees to Chest Stretch**
  - Stretch and Hold
  - 5 reps
  - 5 second holds
  - 5 times / day

**Lower Extremity Discomfort**
- **Toe Raises**
- **Hamstring Stretch**
- **Calf Stretch**
- **Thigh Stretch**
  - Secure Yourself
  - Stretch and Hold
  - 5 reps
  - 5 second holds
  - 5 times / day