

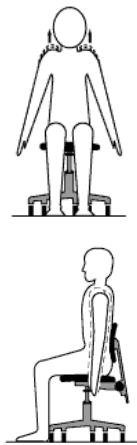

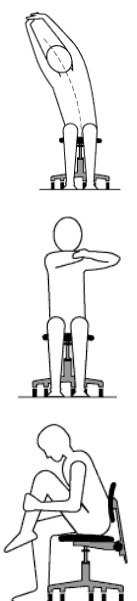


### Stretching exercises for the office

<http://www.ccohs.ca/oshanswers/ergonomics/office/stretching.html>

\*\*\* You should never feel pain with stretching exercises \*\*\*

<p><b>Finger Stretching</b></p>	<p>a. Start with your hand open.</p> <p>b. Make a fist. Keep your thumb straight, not tucked under your fingers.</p> <p>c. Slide your finger tips up your palm so the tips of your fingers are near the base of your fingers and you should feel a stretch. Do not force your fingers with your other hand if this is painful. Repeat 3 times</p>	
<p><b>Wrist Stretching</b></p>	<p>1. With your hand open and facing down, gently bend wrist to one side as far as possible and hold for 3 to 5 seconds. Repeat, stretching to other side. Repeat sequence 3 times.</p> <p>2. Start by stretching your arm and hand out and slowly rotate the wrist down until you feel a stretch. Hold for 3 to 5 seconds. Next, rotate the palm up until you feel a stretch. Repeat 3 times.</p> <p>3. Grasp your hand and hold your fingers and thumb with the other hand. Slowly bend your wrist down until you feel a stretch. Hold for 30 seconds. Relax. Repeat 3 times. Then slowly bend your wrist up until you feel the stretch. Hold and relax as above.</p> <p>4. Sitting with your elbows on the table and palms together, slowly lower wrists to the table until you feel a stretch (your elbows will move outward a bit). Be sure to keep your palms together throughout the stretch. Hold 30 seconds. Relax. Repeat 3 times.</p>	

<p><b>Shoulder Stretching</b></p>	<p>1. Shoulder shrug: Raise the top of your shoulders towards your ears until you feel slight tension in your neck and shoulders. Hold this feeling of tension for 3 to 5 seconds. Then relax your shoulders downward into their normal position. Do this 2 or 3 times.</p> <p>2. Shoulder roll: Slowly roll your shoulders backward five times in a circular motion. Next, roll your shoulders forwards.</p>	
<p><b>Neck Stretching</b></p>	<p>1. Sit or stand upright. Without lifting your chin, glide your head straight back. You know you are doing this exercise right if it gives you the feeling of a double chin. Hold for 20 counts and repeat 5 to 10 times.</p> <p>2. Drop your head slowly to the left, trying to touch your left ear to your left shoulder. Repeat on the right side. Slowly drop your chin to your chest, turn your head all the way to the left, then turn all the way to the right.</p>	
<p><b>Back Stretching</b></p>	<p>1. Interlace your fingers and lift your arms over your head, keeping the elbows straight. Press arms as far back as you can without arching your back. To stretch your sides, slowly lean to the left and then to the right.</p> <p>2. Hold your right arm with your left hand just above the elbow. Gently push your elbow toward your left shoulder. Hold stretch for 30 seconds. Repeat with your left arm.</p> <p>3. Grasp your shin. Lift the leg off the floor. Bend forward (curling your back), and reach your nose to your knee. Repeat with the other leg.</p>	

**Benefits of regular stretching:**

- Decreases fatigue and increases productivity
- Reduces stress
- Increases blood flow and circulation