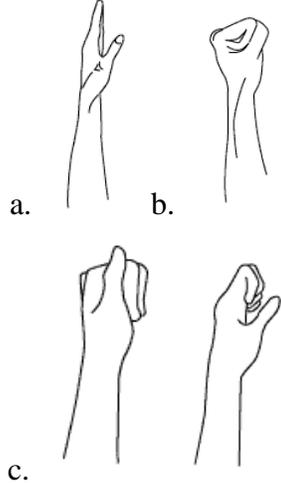




Stretching exercises for the office

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

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

Finger Stretching	<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>	
Wrist Stretching	<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 3 to 5 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 5 to 7 seconds. Relax. Repeat 3 times.</p>	



Shoulder Stretching	<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>The first illustration shows a person from the back, sitting on a chair, with their hands on their hips and shoulders raised towards their ears. The second illustration shows a person from the side, sitting on a chair, with their hands on their hips and shoulders rolled backward.</p>
Neck Stretching	<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>The first illustration shows a person's head and neck from the side, with a dashed line indicating the head moving straight back. The second illustration shows a person from the front, sitting on a chair, with their head tilted to the left and then to the right.</p>
Back Stretching	<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 5 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>	<p>The first illustration shows a person from the back, sitting on a chair, with their arms raised and interlaced over their head. The second illustration shows a person from the front, sitting on a chair, with their right arm held by their left hand and pushed towards their left shoulder. The third illustration shows a person from the side, sitting on a chair, with one leg raised and bent forward, reaching their nose to their knee.</p>