



Do you sit at a computer for most of the day?

Try these stretches at work every day to prevent repetitive strain injuries and to help you feel better!

Wrist flexors stretch

Sit up straight and look directly ahead of you. Use one hand to spread apart and straighten the fingers of the other hand and then stretch your wrist back gently as far as you can. Relax your hands. Apply the pressure through the tips of the fingers and be sure to include the thumb. Hold 20sec and repeat 2-3x.



Wrist extensors stretching

Extend one arm out in front with elbow straight. Use the other hand to grasp it at the side of the thumb and bend the wrist downward. Turn wrist towards the small finger to increase the stretch.



Upward stretch

Standing, lace your fingers and push your hands upward and away from the body, knuckles facing you.



Downward stretch

Standing, lace your fingers and push your hands downward and away from the center of the body, knuckles facing you.



Neck stretch #1

Sit in a chair and grasp the seat with your one hand. Tilt your head to the opposite side while tucking in your chin and flexing the neck as to look at your toes. You may also place your other hand on your head and pull it down until a stretch is felt on top of the shoulder and back of the neck. Maintain the stretch 30 sec and repeat 2-3x.



Upper Back stretch

Stand with your back against a wall, your chin tucked in, your feet slightly away from the wall. Keep your back slightly arched (neutral spine) Raise your arms overhead until you feel a gentle stretch. Maintain the position and slowly lower your arms. Keep neutral spine position the whole time. Hold 10sec and repeat 3-5x.



Neck stretch #2

Sit in a chair and hold onto the left side of the chair or sit on your left hand. Lean your head to the right side without lifting the right shoulder. Place the right hand on the left side of your head without pulling. Push your head left against the hand and resist. Hold the contraction for 6 sec then relax. Try to move the head farther to the right without pulling with the hand. Hold this position for 15 sec and repeat the contraction 2-3x. Switch to the opposite side.



Elbow Opener

Stand straight with your legs comfortably apart and your chin tucked in. Raise both arms and clasp your hands behind your head. Push your elbows back as much as you can. Maintain the position and relax. Hold 10sec and repeat 3-5x.



Chest Stretch

Stand up straight in front of an open doorway. Place your hands onto either side of the doorway at shoulder level. Lean your body weight forward slowly until you feel a stretch along your chest and in front of your shoulders. Maintain the position and relax. Hold 30sec, repeat 2-3x



Repeated lumbar extension

Stand with your chin tucked in and place your hands on the small of your back. Lean backwards, arching the lower back and keep your chin tucked in (look forward). Return to the starting position and repeat 10x slowly.