

# Office Ergonomics: Stretching Exercises

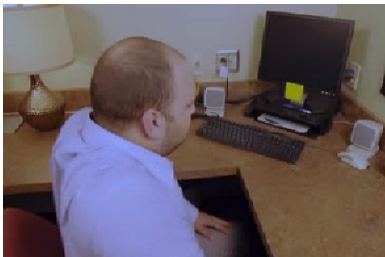
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Whether you are at work or elsewhere, stretching your muscles can reduce fatigue caused by static work. The following exercises may be helpful:



## Shoulder shrug

With your arms hanging at your sides, raise your shoulders upward, hold tightly for a few seconds, then relax.



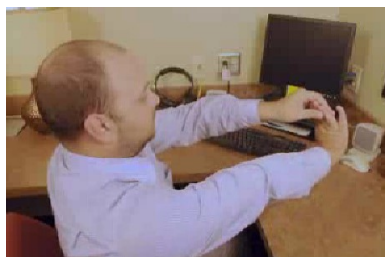
## Shoulder roll

With your arms hanging at your sides, roll your shoulders up and back in both counter-clockwise and clockwise circles. Repeat 3 to 5 times.



## Wrist flexion stretch

Extend and hold your arm out to the front, then bend your wrist downward into flexion for a few seconds, helping with your other hand. Repeat with your other arm and wrist.



## Wrist extension stretch

Extend and hold your arm out to the front, then bend your wrist backwards for a few seconds, helping with your other hand. Repeat with your other arm and wrist.



### Hand stretch

With your arms stretched out to the front, make fists first, and then open your hands as wide as possible. Repeat with your arms extended to the sides, then upward.



### Neck side stretch

Grasp the top of your head with one hand while extending your other arm out and down at a 45-degree angle. Bend your neck to the side. Repeat on the other side.