

Office Ergonomics Essentials: Stretching

Perform stretches before, during and after work to reduce muscle fatigue.

Shoulder Shrug



1. With your arms hanging at your sides, **raise your shoulders** upward.
2. Hold this position tightly for a few seconds.
3. Relax.

Shoulder Roll



1. With your arms hanging at your sides, **roll your shoulders** up and back in both counterclockwise and clockwise circles.
2. Repeat this motion 3 to 5 times.

Wrist Flex



1. Extend and hold your arm out to the front.
2. Flex and bend your wrist **down** for a few seconds, helping with your other hand.
3. Repeat with your other arm and wrist.

Wrist Extension



1. Extend and hold your arm out to the front.
2. Bend your wrist **backwards** for a few seconds, helping with your other hand.
3. Repeat with your other arm and wrist.

Hand Stretch



1. With your arms stretched out to the front, make **fists**.
2. Open your hands as wide as possible.
3. Repeat with your arms extended to the sides, then upward.

Neck Side Stretch



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