

**For Ergonomics training
and
workplace consultations
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UConn WorkSafe
Workplace Safety Guides

Stretch at Your Desk

—*Preventing
Ergonomic
Injuries*

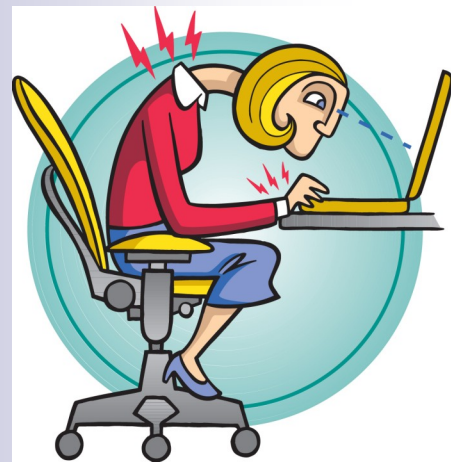


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Take Regular Breaks

Our bodies are meant to move. Staying in one position all day, even an "ergonomically correct" one, can cause fatigue, stiffness, and may lead to injury over time.

Try taking a break from your computer every hour that you're working on it.

You should get up, walk around, alternate work tasks, etc. If these sorts of breaks are not feasible or part of your normal work routine, then try these simple exercises that you can do at your desk.

Note: Please consult with your physician before starting any exercise program.

1. Shoulder Shrug



*Raise your shoulders towards your ears.
Hold for 3 seconds.
Roll your shoulders back and downward.
Do this 5 to 10 times.*

2. Arm and Shoulder Stretch



*Press your hands away from your body to stretch your arms and shoulders.
Lace your fingers together and turn your palms facing out.
Straighten your arms in front of you. Hold for 15 seconds.
Relax and repeat.*

3. Back "Scratch"

Reach behind your head and place your hand on your back.



*Gently hold your elbow with your opposite hand.
Pull your elbow toward the back of your head and reach your hand toward the middle of your back until you feel a gentle stretch.
Hold for 15 seconds.
Relax, and repeat on the other side.*

4. Chest Stretch



*Lace your fingers together behind your head, bringing your elbows back as far as possible.
Inhale deeply and lean back until you feel your muscles stretching.
Hold for 20 seconds.
Exhale, relax and repeat.*

5. Side Neck Stretch

Face forward and look straight ahead.



*Tilt your head toward one side, gently pushing your ear toward your shoulder. Hold for 15 seconds.
Lift your head into a normal, upright position.
Relax, and repeat three times on each side*

6. Head Turn

Face forward and keep your shoulders straight ahead.

*Slowly turn your head to the left, keeping your chin parallel to your shoulder. Hold for 3 seconds.
Turn your head to the right and hold for 3 seconds.*



*Slowly, drop your chin to your chest, then raise your head and face forward.
Repeat all steps five times.*

7. Chin Tuck

Start facing straight ahead.



*Keeping your back straight, pull your chin toward your chest until you feel a stretch along the back of your neck.
Hold for 10 to 15 seconds.
Relax, return to your starting position*

8. Back Stretch

Sit toward the edge of your seat to leave a space between your back and the back of the chair.



*Face forward and cross your right leg over your left.
Put your left hand on your right knee, and gently pull toward your left side while slowly turning your head and shoulders to the right. Keep turning gently until you feel a nice stretch in your back. Hold for 8 to 10 seconds.
Relax and repeat on the other side.*

9. Finger Stretch

*Separate and straighten your fingers until you feel a stretch.
Hold for 10 seconds.*



Next, bend the end and middle knuckles of your fingers. Hold for 10 seconds. Relax.