

Stretching - At the Workstation

What are some stretches for the hands and forearms that can be done at the workstation?

1. a) Start with your hand open.



b) Make a fist. Keep your thumb straight, not tucked under your fingers.



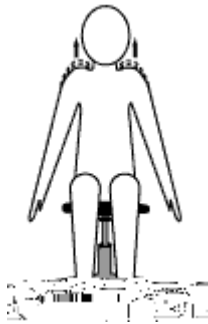
c) Slide your finger tips up your palm so the tips of your fingers are near the base of your fingers and you should feel a stretch. Do not force your fingers with your other hand if something is painful.



What are some stretches for the neck and shoulders?

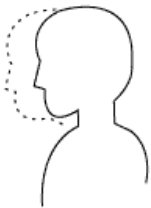
1. **Shoulder Shrug:** The purpose of the shoulder shrug is to relieve early symptoms of tightness or tension in the shoulder and neck area.

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.



2. **Head Glide:** The head glide helps to stretch your chest, neck and shoulder muscles.

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.



3. **Neck Relaxer:** This exercise helps to relax the neck.

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.



4. Shoulder Roll: This exercise will help relax the shoulder muscles.

Slowly roll your shoulders backward five times in a circular motion. Next, roll your shoulders forwards.



5. Chest stretch:

Place your hands behind your head, and squeeze your shoulder blades together.



5. Leg Lift:

- x Sit forward on the chair so that your back is not touching the chair's back. Place feet flat on the floor. <https://www.ccohs.ca/oshanswers/ergonomics/office/stretching.html>

Stretches for the Hands and Forearms