

STRETCHING EXERCISES FOR THE OFFICE

Stretching Guidelines:

- Stretch to the point of slight mild tension, not pain.
- Repeat each stretch 2-3 times.
- Perform stretching exercises 3-5 times per day.
- If you have a medical condition or injury, check with your healthcare professional before doing these stretches.



Shoulder Rolls:

- Shrug shoulders up to the ears then slowly roll them back.
- Make big circles for about 30 seconds.
- Then do the circles in the other direction for 30 seconds.



Shoulder Stretch:

- Bring the left arm across your body and hold it with the right hand above the elbow.
- Hold for 15 seconds.
- Switch arms and repeat.



Eye Relaxation:

- 20-20-20 Rule: Every 20 minutes, look 20 feet away for 20 seconds.



Back Stretch:

- Twist the upper body to the left.
- Place the left arm behind the chair and look over the left shoulder.
- Hold for 15 seconds.
- Repeat on the other side.



Neck Stretch:

- Reach over the head with the right hand.
- Gently pull the head away from the left shoulder.
- Hold for 15 seconds.
- Repeat on the opposite side.



Forearm Stretch:

- Extend the right arm and flip the hand upwards, fingers pointed towards the ceiling.
- Use the left hand to gently pull the fingers towards you.
- Hold for 15 seconds.
- Switch arms and repeat.
- Extend the right arm and flip the hand down, fingers pointed towards the floor.
- Use the left hand to gently pull the fingers towards you.
- Hold for 15 seconds.
- Switch arms and repeat.



For more information or book an ergonomic assessment.

Contact Farzana Ismail,

Canadian Certified Professional Ergonomist (CCPE)

ergonomics@athletescare.com