

Osmond

Ergonomics

STRETCHING EXERCISES

Eight Stretches For Sedentary Workers

These exercises are designed to help and protect a healthy body. The benefits of stretching are improved flexibility and decreased risk of injury. They address muscular imbalance, decrease physical stress and make you feel better.

An animated version of this guidance is available at www.ergoergo.info

This guidance is based on an exercise regime devised by Sheila Lee MErgS. D.O. and original drawings by Silvia Mankin

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1. BACK AND NECK

Clasp hands behind head. Bend head forward, gradually stretching out the upper part of the neck, whilst breathing deeply. Keep the back and shoulder regions as upright as possible to stretch the muscles at the back of the neck. Hold for five slow breaths.

2



2. SIDE NECK

Place palm of right hand above left ear. Pull head to right, stretching side of neck, whilst taking three deep breaths. This stretches the muscles at the side of the neck. Repeat to other side.

3



3. UPPER BACK & SHOULDERS

Stand sideways to wall. Place right hand on wall (straight elbow) and stretch left arm over head to right. Keep feet together. Take four deep breaths in the position, repeat on other side. This stretches the side of the spine and spinal muscles.

4



4. BACKWARD SHOULDER STRETCH

Clasp hands behind back. Reach out backwards over chair back, whilst expanding chest, arching back and lifting hands. This stretches the chest and muscles of the chest. Hold for five slow breaths.

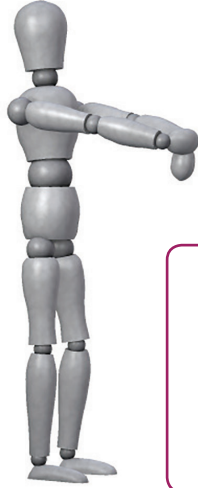
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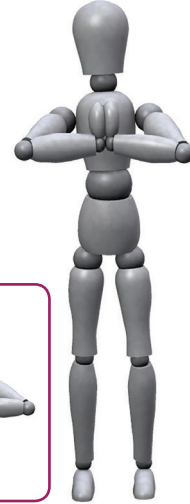
5. WRIST & FOREARM STRETCH

Extend left arm in front, flex hand. Stretch forearm muscles by placing palm of right hand firmly across back of hand. Hold for five slow breaths. Repeat for other hand.

6. WRIST STRETCH

Place palms together as if praying. Raise elbows (thus extending wrists). Position fingers at the lower end of the breastbone, pressing palms fully together. Hold for five slow breaths. This stretches the muscles of the front of the wrist and arm.

6



7. FINGERS AND PALMS

Hold hands in front and stretch fingers wide (fan shape). The palms should be stretched. Hold for four breaths. This stretches muscles of the hands and fingers.

8. CHAIR TWIST

Sit on chair (preferably non-swivel type). Cross left thigh over right and twist upper body to left whilst pushing left thigh with right arm. Hold for four breaths. Repeat on other side. This stretches the muscles of the lumbar region.

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