

Office Ergonomic Stretches



CERVICAL CHIN TUCK WITH OVER PRESSURE

Place your hand on your chin and slowly draw your head back into a chin tuck so that your ears line up with your shoulders. Hold, then return to original position and repeat.



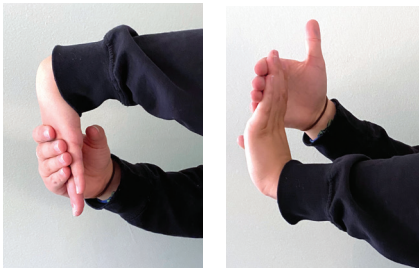
SHOULDER ROLLS

Move your shoulders in a circular pattern as shown so that you are moving in an up, back and down direction. Perform small circles if needed for comfort.



SHOULDER SHRUGS

Raise your shoulders upward towards your ears as shown. Shrug both shoulders at the same time.



WRIST EXTENSOR AND FLEXOR STRETCHES

Use your unaffected hand to bend the affected wrist down as shown. Keep the elbow straight on the affected side the entire time. Use your unaffected hand to bend the affected wrist up as shown. Keep the elbow straight on the affected side the entire time.



RHOMBOID AND MIDDLE TRAP STRETCH – CLASPED HAND

Interlace your fingers and then draw your hands forwards until a stretch is felt along your upper back. You can also vary the angle of your arms downward to stretch different muscle fibers along your back.



STANDING EXTENSIONS

Start by standing and place your hands on your hips with your thumbs grasping your low back. Lean back to arch your back then return to starting position. Use your thumbs to help isolate where you want to bend.

For more ideas, visit [Blog.OhioHealth.com](https://blog.ohiohealth.com)

