



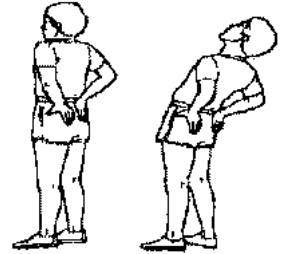
# Office Stretches

- Stretching can help to ease the discomforts and harmful effects of repetitive motions and awkward or static postures.
- It is important to stretch out frequently, in the opposite direction of the line of work.
- If you have a musculoskeletal injury, seek medical attention before starting any exercise program.

## Stretches

If you have been sitting at your desk for a long period of time, stand up to stretch and bend backwards.

Stand upright, put your hands firmly on your lower back for support, and bend backwards several times. This is a good stretch for your back, neck, and shoulders.



These are some other stretches that you can do while sitting or standing. When stretching, please remember:

- Movements should be slow and controlled.
- You should feel a gentle stretch of the muscle - *stretching should not be painful*.
- Once you feel a stretch, hold the position 5-15 seconds - do not bounce or jerk.
- Repeat each stretch 2 or 3 times.



(If you have been typing)



(If your arms have been out in front for a long time)



(If you have been looking at a computer)



(If you have been slouching)

