

Take Regular Breaks

Our bodies are meant to move. Staying in one position all day, even an “ergonomically correct” one, can cause fatigue, stiffness, and may lead to injury over time. Try taking a break from your computer every hour that you’re working on it. You should get up, walk around, alternate work tasks, etc. If these sorts of breaks are not feasible or part of your normal work routine, then try these simple exercises that you can do at your desk.

Note: Please consult with your physician before starting any exercise program.

To request an
ergonomic
assessment scan
this QR code:



**STRETCH
AT YOUR
DESK**

**—
PREVENTING ERGONOMIC
INJURIES**

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Shoulder Shrug

Raise your shoulders towards your ears. Hold for 3 seconds. Roll shoulders back and downward. Do this 5 to 10 times.



Back Stretch

Sit toward the edge of the seat leaving space between your back and the back of the chair. Face forward, cross your right leg over your left, and put your left hand on your right knee. Gently pull toward your left side while slowly turning your head and shoulders to the right, until you feel a stretch in your back. Hold. Relax, repeat the other side.



Finger Stretch

Separate and straighten your fingers until you feel a stretch. Hold for 10 seconds. Next, bend the end and middle knuckles of your fingers. Hold for 10 seconds. Relax.



Arm and Shoulder Stretch

Lace your fingers together and turn your palms facing out. Straighten your arms in front of you, pressing away from your body. Hold for 15 seconds.



Chest Stretch

Lace your fingers together behind your head, bringing your elbows back as far as possible. Inhale and lean back until you feel a stretch. Hold for 20 seconds. Exhale, relax and repeat.



Chin Tuck

Keeping your back straight, pull your chin toward your chest until you feel a stretch along the back of your neck. Hold for 10 to 15 seconds. Relax, return to your starting position and repeat.



Back "Scratch"

Reach behind your head and place your hand on your back. Gently hold your elbow with your opposite hand. Pull your elbow toward the back of your head and reach your hand toward the middle of your back until you feel a stretch. Hold for 15 seconds. Relax, and repeat on the other side.



Side Neck Stretch

Tilt your head to one side, gently pushing your ear toward your shoulder. Hold for 15 second. Lift your head into an upright position. Relax, and repeat 3 times on each side.



Head Turn

Face forward, keeping shoulders straight ahead. Slowly turn your head to the left, keeping your chin parallel to your shoulder. Hold for 3 seconds. Repeat on the other side. Slowly drop your chin to your chest, then raise your head. Repeat all steps five times.