Stretching at work is something you can do to help prevent sprains and strains. Stretching muscles helps to reduce muscle tension, maintain flexibility, improve circulation and prevent accumulation of muscle fatigue. Take a few minutes to do this series of stretches throughout the day and your body will feel better.

To stretch safely, there should be NO PAIN, just a gentle pull. Move only within the range that feels comfortable. Hold stretches for 10 to 20 seconds (unless otherwise instructed). Stretches are best done in a posture that is different from your usual working posture. Any stretch that causes uncomfortable pain should be stopped.

1) SHOULDER CIRCLES (gently roll shoulders backwards 10 X, then forwards 10X )

2) CHIN TUCKS (gently straighten up through the neck, pulling the chin in, hold 10 sec., repeat 5 times)

3) SHOULDER SHRUGS (gently pull shoulders up towards the ears, then push down towards the floor – repeat 10 times)

4) NECK STRETCH (gently tilt the head towards one shoulder – hold 10 sec., repeat on the other side – do 5 X each side)

5) CHEST STRETCH (stand in a doorway with one foot in front of the other, place hands on the door frame slightly below shoulder height with elbows bent, gently lean forward until a stretch is felt across the front of the shoulders and chest – hold 10 sec., repeat 5 X)
6) HAND STRETCH (make a fist, then release the fingers and spread as wide as possible – repeat 10 X )

7) FOREARM / WRIST EXTENSION STRETCH (straighten arm, grab the palm of the hand and gently pull hand up – palm is facing forward – hold 10 sec. repeat 5 times each hand)

8) FOREARM / WRIST FLEXION STRETCH (straighten arm, make a fist and gently turn hand downwards – Hold 10 sec. repeat 5 times)

9) BACK EXTENSIONS (place hands on lower back and GENTLY extend trunk backwards over the hands – keep the neck neutral - repeat 5 times)

10) BACK SIDE BENDS (with hands at sides, gently bend to one side, straighten to the center, then bend to the other side – repeat 10 times)

11) LOWER LEG STRETCH (place one foot in front of the other holding onto something for support, bend the front knee keeping the back heel on the floor until you feel a stretch in the lower calf muscle – hold 10 sec. repeat 5 times, repeat on both legs )

12) HAMSTRING STRETCH (with one foot forward, pull foot up keeping heel on the floor, bend gently from the hips forward until a stretch is felt down the back of the front leg – hold 10 sec. repeat 5 times each leg)