

Stretches

For The Office Workplace

If you have any muscle or joint problems, consult your healthcare professional before starting a stretching or physical activity program.

All seated stretches should be performed sitting tall with feet planted firmly on the floor, knees at 90 degrees, with shoulders relaxed.

NECK ROLL



Gently bring your chin to your chest and pause. Next, slowly slide your chin along your chest until it touches your right shoulder. Pause and then slowly return your chin to your chest and repeat on other side.

RETRACTION



Gently tuck your jaw and chin towards your throat, pause for 10 seconds then release and repeat.

SHOULDER CIRCLES



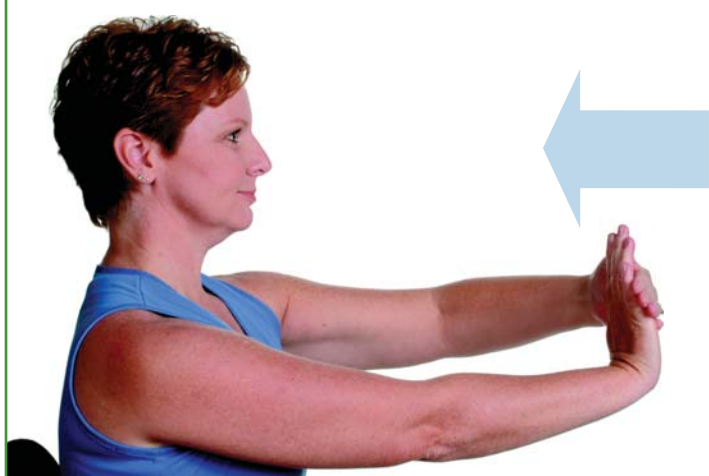
Take a deep breath in and lift your shoulders towards your ears. Slowly breathe out as you roll your shoulders back and down. Repeat three times and then change directions.

SHOULDER SHRUGS



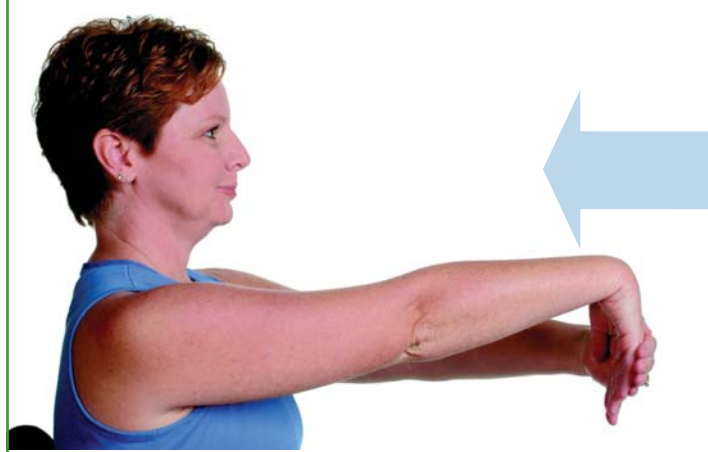
While sitting, place your hands on your shoulders, elbows pointing slightly down and out to the side. Draw invisible circles with your elbows, forward 10 times and then reverse 10 times. Next, bring your elbows together in front of your body. Hold for 10 seconds then release your elbows and squeeze your shoulder blades together. Hold for 10 seconds then repeat.

WRIST



Extend one hand straight out in front of your body making a "stop" motion. With your other hand, gently pull back on the palm of your hand. Repeat with other hand.

FOREARM



Extend one hand straight out in front of your body and bend your wrist to point your fingers down. With your other hand placed across your knuckles, gently pull your hand towards you. Repeat with other hand.

LOWER BACK



While standing, place your hands on your lower back for support. Squeeze your buttocks slightly, bend your knees and gently lean backwards.

SIDE STRETCH



While sitting, take a deep breath in and lift your arms up, over your head. Clasp your hands together as shown, and gently lean to one side as you slowly breathe out and hold the stretch. Return your hands over your head and repeat stretch on other side.

Benefits of Daily Stretching

- Relieves muscles tension, aches and pain
- Helps prevent injury and makes everyday activities easier
- Helps to maintain and increase range of motion
- Improves posture and muscle imbalances

Steps to Safe Stretching

- Stretch muscles to a point where you feel a mild pull, not pain.
- Slowly move into and out of the stretching position; do not bounce or jerk.
- Maintain a regular breathing pattern through out the stretch; never hold your breath.
- Hold each stretch for 15-30 seconds and try to perform each stretch 3 times a day.
- Stretches are best performed after a 5-10 minute warm-up, such as a walk.

Be active, eat well and feel good about yourself.



For more information please call
the Halton Region Health Department
Halton Region
905-825-6000
Toll free: 1-866-4HALTON (1-866-442-5866)
TTY: 905-827-9833
www.halton.ca

Health Department
Promoting and Protecting Health.
Preventing Disease. Providing EMS.