

Ergo Facts

Stretching Exercises

Eyes

- Close your eyes, cup your hands, and place them over your closed eyes.
- Look away from your computer screen and focus on a distant object.
- Look up, down and side to side without moving your head.
- 20/20/20: every 20 minutes look 20 feet away for 20 seconds



Neck

- Tuck your chin in, keeping your head and ears level. Next, come back to your start/natural position. You should not experience any pain. Repeat three times.
- Shrug your shoulders, raising them for a count of three, then lowering them. Rotate your shoulders backwards, arms relaxed at your sides. Repeat three times.



Shoulders

- Squeeze your shoulder blades with your elbows lifted away from your body. Imagine you have a pencil between your shoulder blades and are trying to trap it and then release it.



Upper Back

- Hold your arms straight in front of you and stretch them forward. Raise your arms above your shoulders and stretch them upwards.
- Sit relaxed, feet flat on the floor. Imagine a cable attached to the top of your head pulling you up. Hold for a count of three then relax. Repeat three times.



Lower Back

- Place your hands on the back of your hips.
- Arch your back slightly. Hold for a count of three then relax. Repeat three times.



Wrist and Hands

- Clench your fists, then release them, spreading out your fingers. Hold each position for a count of three.
- In a sitting or standing position, drop your arms to your side. Gently shake out your arms and hands.



Lower Limbs

- Lift your lower leg from a seated posture, leaving your knee bent slightly. Rotate your ankles slowly. Point your toes and then pull them toward your shin.
- Stand up and take a short walk.

