

Ergonomic Stretches

In order to prevent static posture during daily activities it is important to incorporate breaks throughout the day. It is recommended that for every 25 minutes of being in one position there should be a 2-5 min break. Here are some stretches that you can do during those breaks.

Feet and Ankle

Foot flex and point

	
Lift one foot and flex foot with toes pointing up	Then point toes straight ahead

Do this 5 times on each side

Toe wiggles

- Lift one foot and wiggle the toes for 5 seconds each side (not shown)

Ankle circles



Lift one foot and make circles with your foot, rotating 5 times to the left



Then repeat that five times to the right

- Do the same with the other foot

Hips

Seated Figure-Four Stretch:

		
<p>To get into the position slowly, first cross your legs so that your right leg is on top of your left leg.</p>	<p>Use your hand to gently bring your right heel up slowly to your left knee.</p>	<p>Bring your right ankle to rest on top of your left knee or thigh, whichever is more comfortable.</p>
		<ul style="list-style-type: none">● Flex your right ankle and slowly bend forward while keeping your spine as flat as possible● Hold for 20 seconds● To increase the stretch, you can gently press down on your right knee
		<p>Reverse and repeat the steps for your left leg.</p>

Do this activity throughout your day to help relieve tightness in your hips.

Back & Spine

Seated Cat-Cow



Arch your back and tilt your head up slightly towards the ceiling as you breathe in



Round your back and look down to the floor as you breathe out

Repeat 3 times (adjust repetition accordingly, could be more or less)

Trunk Rotation



Gently rotate your trunk and shoulders to one side

- Use your arms to help with rotation
- Hold for 5 seconds



Repeat on the other side

Repeat each side 3 times (adjust repetition accordingly, could be more or less)

Shoulder & Upper Arms

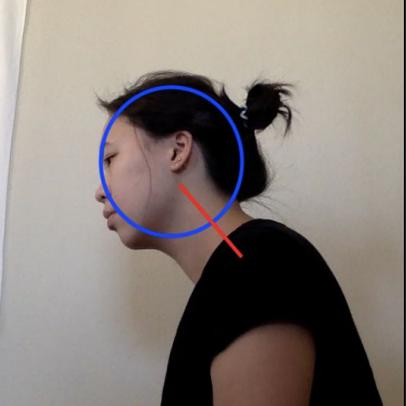
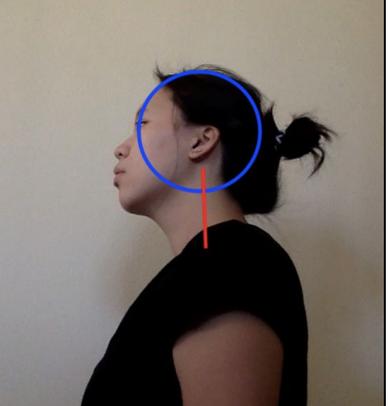
Goal Post

		
<p>Sitting up straight with arms in a goal post position</p> <ul style="list-style-type: none">• elbows bent at 90 degrees, elbows in line with shoulders, palms facing forward	<p>Reach toward the ceiling</p>	<p>Pretend you are pulling the ceiling down slowly for about 10 seconds (this time can be longer or shorter depending on how your body feels)</p> <ul style="list-style-type: none">• you should feel your shoulder muscle contract as you do this

Repeat this 5x's (adjust repetition as needed)

Neck

Capitation Exercise for the Neck

		
<p>Forward Head Posture Due to our use of technology (phones, screens), we can often get into this forward head posture where our heads are pushed forward and our necks are bent. This creates a lot of added weight and pressure on our necks.</p>	<p>Even in this posture, the head is slightly forward and not</p>	<p>*IDEAL POSITION* In this position, the head is directly above the neck so the neck can best support the weight of the head.</p> <p>The weight of your head should feel lightest at this point.</p>

Do this activity 1x a day to gain better self awareness about your neck and body position.

Neck extensors strengthening exercise:

		
<p>Notice how often we have a forward head posture when looking at screens. Part of the challenge of maintaining proper alignment is the muscles at the back of our neck (our neck extensors) have gotten weak from the weight of our head pulling them forward.</p>	<p>This exercise strengthens the neck extensors so they can help us hold proper alignment. Before we do, make sure you have a neutral head, so move your head back (posteriorly) until your ears are over your shoulders.</p>	<p>Place a hand behind your head (not your neck) and push your head back against your hand and your hand against your head, until you feel your neck extensors firing up. Keep breathing. Hold for about 10 seconds. Switch hands and do it again.</p>

Do this activity throughout your day to help you sustain proper head alignment.

Hands & Wrists

Hand stretches



Start with your hand open and make a fist.



Slide your fingertips up your palm and you should feel a stretch.

Practice the stretch up to 3 times. Repeat on other hand

Wrist stretches



With your fingers pointing towards the ceiling, hold your fingers with the other hand.

Bend your wrist upward and you should feel a stretch.

Hold for 3 to 5 seconds and relax.

Practice up to 3 times.

Repeat on other hand



With your fingers pointing towards the ground, hold your fingers with your other hand.

Then slowly bend your wrist down until you feel the stretch. Hold and relax as above.

Practice up to 3 times.

Repeat on other hand.