

OFFICE EXERCISES

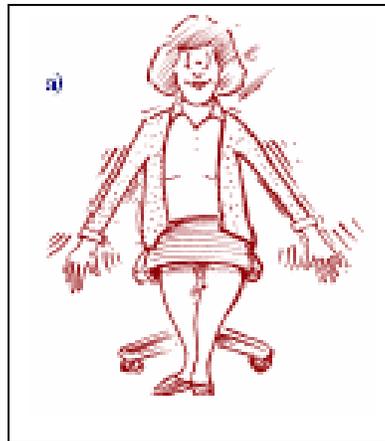
McMaster University Employee Work-Life Support Services

1. Perform all exercises in your comfort zone; if you feel discomfort STOP immediately.
2. Stretch regularly.
3. Stretches should be done slowly and smoothly – don't bounce.
4. Take regular micro breaks, 10 minutes every one-hour, to relieve muscle aches, eyestrain and stress.
5. Use rest breaks to change activity i.e. stand up or move around.
6. If you are under treatment, or have any concerns regarding the exercises, please contact your physician before doing any of the following suggested exercises.

Wrist and forearm stretches

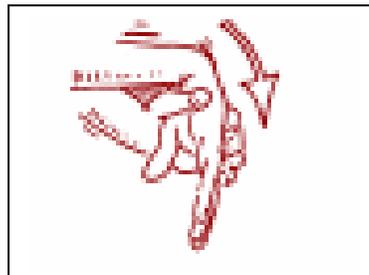
a) Shake your arms

- Drop your arms and hands to your side.
- Shake them gently for a few seconds.



b) Wrist stretches

- Keep your elbows straight.
- Grasp your hand and slowly bend your wrist until you feel a stretch.
- Hold the stretch for 6-10 seconds.
- Repeat other side.



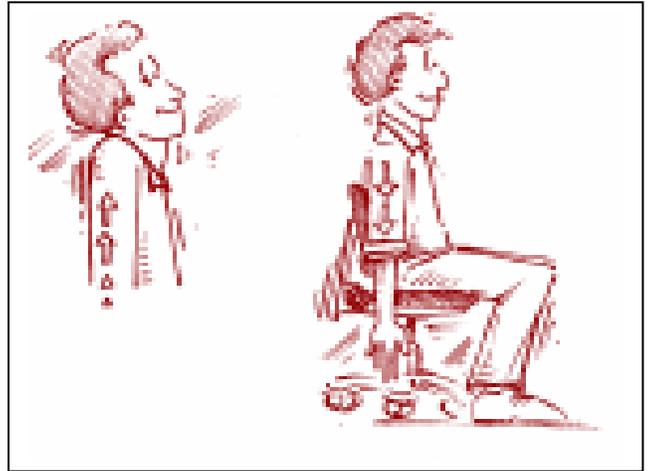
Shoulder/Arm Stretches

- Reach with your arm across your chest.
- Grasp the opposite shoulder with your opposite hand.
- Gently pull the elbow across your chest towards your body.
- When you feel the stretch is felt in your shoulder hold this position for 6-10 seconds.
- Repeat other side.



Shoulder Shrug

- Sit in your chair with your back straight against the backrest.
- Let your head relax.
- Squeeze your shoulders up to your ears.
- Follow by stretching your shoulders down with your fingers pointing to the floor; draw your chin in gently.
- Slowly change from one position to the next.
- Repeat 5 times.



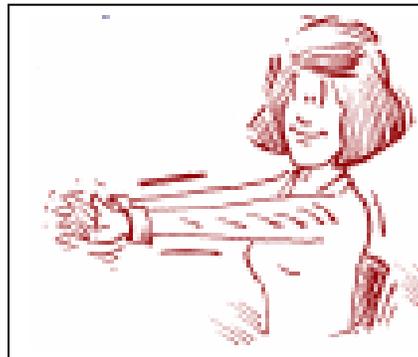
Executive Stretch

- Lock your hands behind your head.
- Stretch slowly backwards in your chair.
- Arch your back slightly and gently.
- Hold stretch for 6-10 seconds.
- Repeat 5 times with 5-10 second rest period between stretches.



Upper Back Stretch

- Extend your arms out in front of chest, keeping them at shoulder height.
- Interlock fingers with palms facing away from your body.
- Keep elbows straight, do not over-extend.
- Reach forward while maintaining an upright posture.
- Hold your stomach muscles tight to avoid arching your lower back.
- Hold this stretch position for 6-10 seconds.
- Raise your arms over your head and hold this position for 10 seconds.
- Repeat 5 times.



Neck Stretches

- Sit in your chair with back straight.
- Draw your chin in gently and bend head to the right so that your right ear moves towards your right shoulder.
- Hold the stretch for 5 seconds.
- Repeat to the other side.

