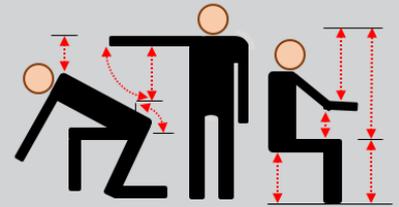




Desk Stretches

The following slides contain stretching exercises you can perform at your desk.

Note: If at any point during these stretches you feel pain or discomfort, stop.



Carnegie Mellon University
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Benefits of Stretching

Working at a desk often involves very few changes in body position. This lack of movement can lead to muscle tension, stiffness and pain. But, by taking a five or ten-minute stretch break every hour, your whole body can feel better.

The Benefits of Stretching at Work

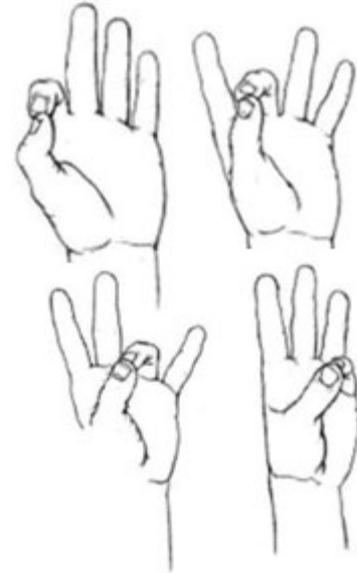
- Reduces Fatigue by increasing blood supply and nutrients to your muscles.
- It leaves you feeling refreshed and increases productivity
- Improves Posture by allowing muscle tissues to realign
- Reduces stress by leaving your muscles feeling less tense

For additional information or to request an ergonomic evaluation,
please contact EHS at 412-268-8182

Desk Stretches – Thumbs and Fingers

Thumbs and Fingers

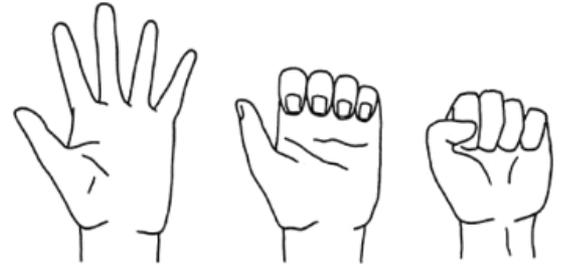
- Touch thumb to each finger
- Hold for count of 5
- Relax
- Repeat 4 times with each hand



Desk Stretches - Hand

Hand

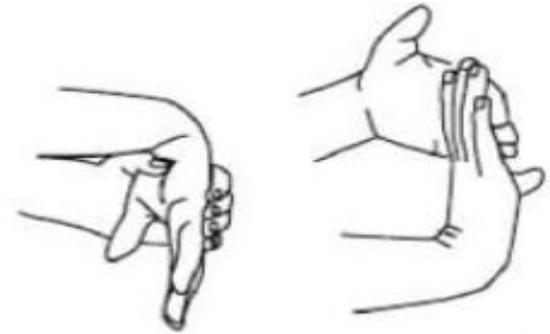
- Spread fingers as far apart as you can
- Hold for count of 5
- Slowly, make tight fist
- Hold for count of 5
- Repeat 5 times for each hand (can do both hands at same time if desired)



Desk Stretches - Wrist

Wrist

- Place one hand on the fingers of your opposite hand.
- Gently pull your fingers downward, bending slightly at the wrist.
- Hold for count of 5
- Relax
- Repeat 5 times for each hand
- Repeat entire cycle with palm facing away from you, bending your fingers upward.

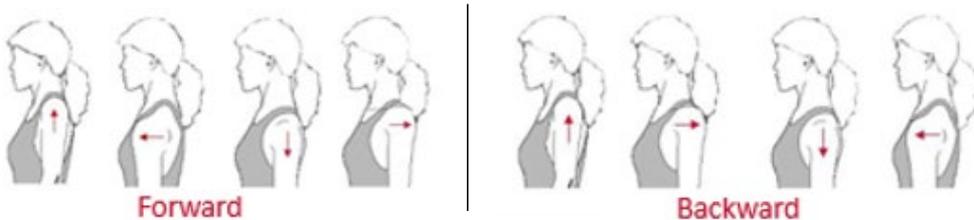


Desk Stretches – Shoulders 1

Shoulders

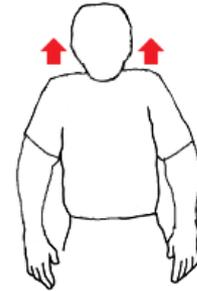
Rolls

- Roll shoulders forward 5 times
- Roll shoulders backward 5 times
- Repeat



Shrugs

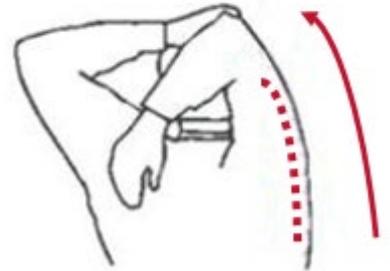
- Shrug shoulders
- Hold for count of 5
- Repeat



Desk Stretches – Shoulders 2

Shoulder

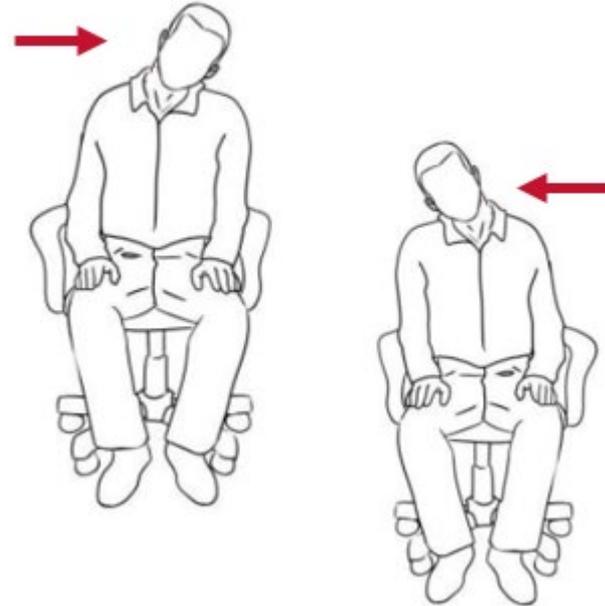
- Reach behind your head with your left elbow bent
- Use your opposite hand to push gently downwards on your elbow
- Repeat to right
- Repeat cycle 5 times



Desk Stretches - Neck

Neck

- Tilt head to right shoulder
- Hold for count of 5
- Tilt head to left shoulder
- Hold for count of 5
- Repeat



Desk Stretches – Side and Back

Side and Back

- With your fingers interlocked, raise your hands above your head – keep your elbows straight
- Slowly lean to the left
- Hold for count of 5
- Lean back to center then slowly lean to the right
- Hold for count of 5
- Repeat

