



The following is a series of stretches that you can do at your desk or at your work area. Try and do at least one or two of these stretches every hour, particularly if you have been working that particular part of the body with many repetitive motions or with excessive amounts of force. These stretches are not guaranteed to eliminate injury, but rather may help reduce fatigue and the occurrence of injury related to ergonomics.

### Do these quick stretches regularly to reduce fatigue and avoid injury:

<p>Repeat 3 times, 5 seconds each</p> <b>BACK EXTENSION</b>	<p>Do once for 15 seconds</p> <b>NECK FORWARD</b>	<p>Repeat 3 times, 5 seconds each</p> <b>NECK LEFT &amp; RIGHT</b>
<p>Repeat 3 times, 5 seconds each, both sides</p> <b>ELBOW PULLOVER</b>	<p>Do once for 15 seconds on each side</p> <b>SHOULDER OVER</b>	<p>Do once for 15 seconds with each arm</p> <b>SHOULDER ACROSS</b>
<p>Do once for 15 seconds each arm</p> <b>SHOULDER BACK</b>	<p>Do once for 15 seconds</p> <b>BRIDGE STRETCH</b>	<p>Do once for 15 seconds each way, both arms</p> <b>FOREARM &amp; WRIST</b>
<p>Do once for 15 seconds each leg</p> <b>HAMSTRING STRETCH</b>	<p>Do once for 15 seconds each leg</p> <b>CALF STRETCH</b>	<p>Do once for 15 seconds each leg</p> <b>QUAD &amp; FLEXOR STRETCH</b>

Source: Barbre Ergonomics (<http://www.barbre-ergonomics.com/brochure.html>)