

Mid and Low Back Stretches

A regular stretching routine is an important component of workplace health. Muscles become stressed if asked to perform repetitive tasks or hold static positions during the work day. Stretching will increase blood flow, reduce muscle tension and offset the strain of working.

Try a few of the stretches shown below to reduce build up of stress in your muscles and help prevent injury.

NOTE: If you need a reminder to take breaks, try some free software such as WorkSafe BC's "WorkSafe Sam"
http://www2.worksafebc.com/Topics/Ergonomics/resources.asp?ReportID=33863#worksafe_sam

Shoulder/Chest Stretch

- Close your eyes
- Lean back in chair
- Stretch your arms out wide and back
- Take a deep breath or two
- Feel the stretch in your chest and arms.
- Hold a few seconds



Shoulder Squeeze

- Stand or sit up straight.
- Squeeze shoulder blades down and back – try to touch your elbows to your waist (hint: you'll never get there!)
- Feel the stretch in your chest and mid back.
- Hold 5 seconds, do 5 reps.



Side Stretch

- Stand near a wall and support yourself on the wall with one hand.
- Cross the foot that is nearest the wall in front of the other foot.
- Stretch your other hand over your head and reach towards the wall.
- Feel the stretch in the side of your back and stomach.
- Hold 10 seconds, do both sides twice.



Back Extension Stretch

- Stand up straight, then reach back and support your low back with your hands
- Arch backwards, gently extending your back.
- Feel the stretch in your low back.
- Hold 5 seconds, repeat a few times after sitting for long periods.