

Neck and Upper 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

Chin Tuck Neck Stretch

- Look straight ahead.
- Straighten up your back – sit tall.
- Gently tuck in your chin and pull your ear back in line with your shoulder.
- Feel the stretch in your neck and upper back
- Hold 5 seconds, repeat 5 times



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.



Rhomboid Stretch

- Reach out in front of you with palms facing away.
- Push forward with your arms.
- Feel the stretch in between your shoulder blades.
- Hold 10-15 seconds, repeat 2-3 times.



Upper Trapezius Stretch

- Stand up straight and tuck your chin so your ear is in line with your shoulder.
- Using the muscles in your back, try to pull your shoulder blade down and lower your shoulder on one side.
- Stand (sit) tall!
- Feel the stretch in the upper part of the shoulder you are lowering.
- Hold 10-15 seconds, do 2 or 3 times.

ErgoRisk Management Group provides ergonomics tools, consulting and educational services to improve worker productivity and reduce the risk of musculoskeletal injury (MSI) development.