

# Chest & Shoulder 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](http://www2.worksafebc.com/Topics/Ergonomics/resources.asp?ReportID=33863#worksafe_sam)

## Shoulder Circles

- Stand or sit with arms relaxed
- Gently raise your shoulders up, then rotate them backwards, then down and back around to the front.
- Make the circles as large as you can.
- Do 5 circles in each direction
- Feel the relaxation in your shoulders and upper back area.



## 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.



## Chest Stretch

- Stand with palms facing forwards.
- Lift your arms out to the sides and reach your arms backwards.
- Feel the stretch in your chest and the front of your arms
- 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.