Desk Stretches - To Improve Posture and Relieve Pain

Aim for once every 1-2 hours

1. Chest Elevation
Sit in a chair with your arms at your sides and your feet flat on the floor. Gently raise your chest toward the ceiling, but don't look up. Keep your chin level with the floor. Hold this position for 10 secs, relax, and repeat 5-10 times.

2. Scapular Retraction
In chest elevation position, place hands on hips and squeeze shoulder blades together, feeling a stretch in your chest. Hold this for 10 secs, relax, and repeat 5-10 times.

3. Chin Tuck
In chest elevation position, with chin level, pull chin, head and neck inward (not down). Hold 10 secs, relax, and repeat 5-10 times.

4. Upper Neck Flex
In chest elevation position, dip your head forward slightly as you were nodding "yes." Feel the stretch in the neck at the base of the head. Hold for 10 secs, relax, and repeat 5-10 times.

5. Scapular Strengthening
Stand upright and clasp your hands behind your head. Flex your elbows back while pinching your shoulder blades together. Hold for 10 secs, relax and repeat 5-10 times.

6. Rhomboid Motion
Stand upright and clasp your hands behind you at the small of your back. Pinch your shoulder blades together, hold for 10 secs, relax and repeat 5-10 times.
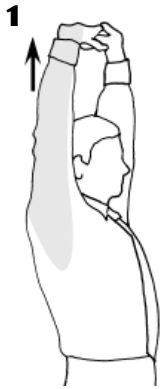
7. Corner Chest Stretch
Stand facing the corner of a room. Raise your arms to shoulder height and place your hands, forearms and elbows on each wall. Lean inward to stretch the chest. Hold for 15 secs (until until you feel loose.)

1 minute

No matter how fast your modem, you're always waiting for something to load while online. (This will probably never change, for even as modems get faster and faster, files get larger and larger.) These stretches are for your upper body, especially neck, shoulders, and wrists.

- Whenever you are reading online, and not using the keyboard or mouse, you can do upper body stretches using both arms.
- After you follow this program a few times, you'll know these stretches by heart; thereafter do them frequently while online.
- Stretches 1–6 are a special routine. *See pages 10 to 13 for details.*

If there isn't time to do them all at one time, break the routine into short combinations: 1, 2, 3 or 4, 5, 6 or 7, 8.
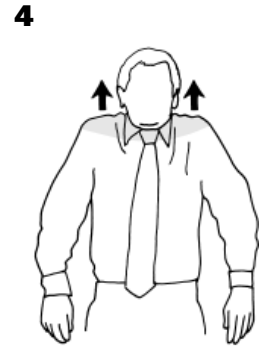
1

5 sec
each side
p. 70

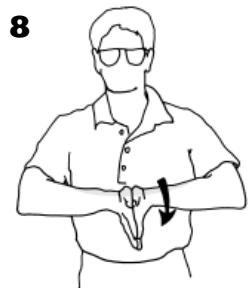**2**

5 sec
each side
p. 70

3

5 sec
each side
p. 70

4

5 sec
each side
p. 69

5

5 sec
each side
p. 72

6

5 sec
each side
p. 70

7

8 sec
p. 67

8

8 sec
p. 67

Stretching in the Office ©2002 Robert A. Anderson, Jean E. Anderson & Shelter Publications, Inc.   **25**

Components of an Ergonomic Workstation

Top of the monitor
at or slightly below eyel level

Shoulders relaxed

Monitor approximately
arms length away

Lower back
supported

Forearms and hands
in a straight line

Knees bent at a
90° angle

Thighs parallel
to the ground

Unobstructed space for
the legs under the desk

Feet flat or resting
on a foot rest

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Cornell University Ergonomics Web
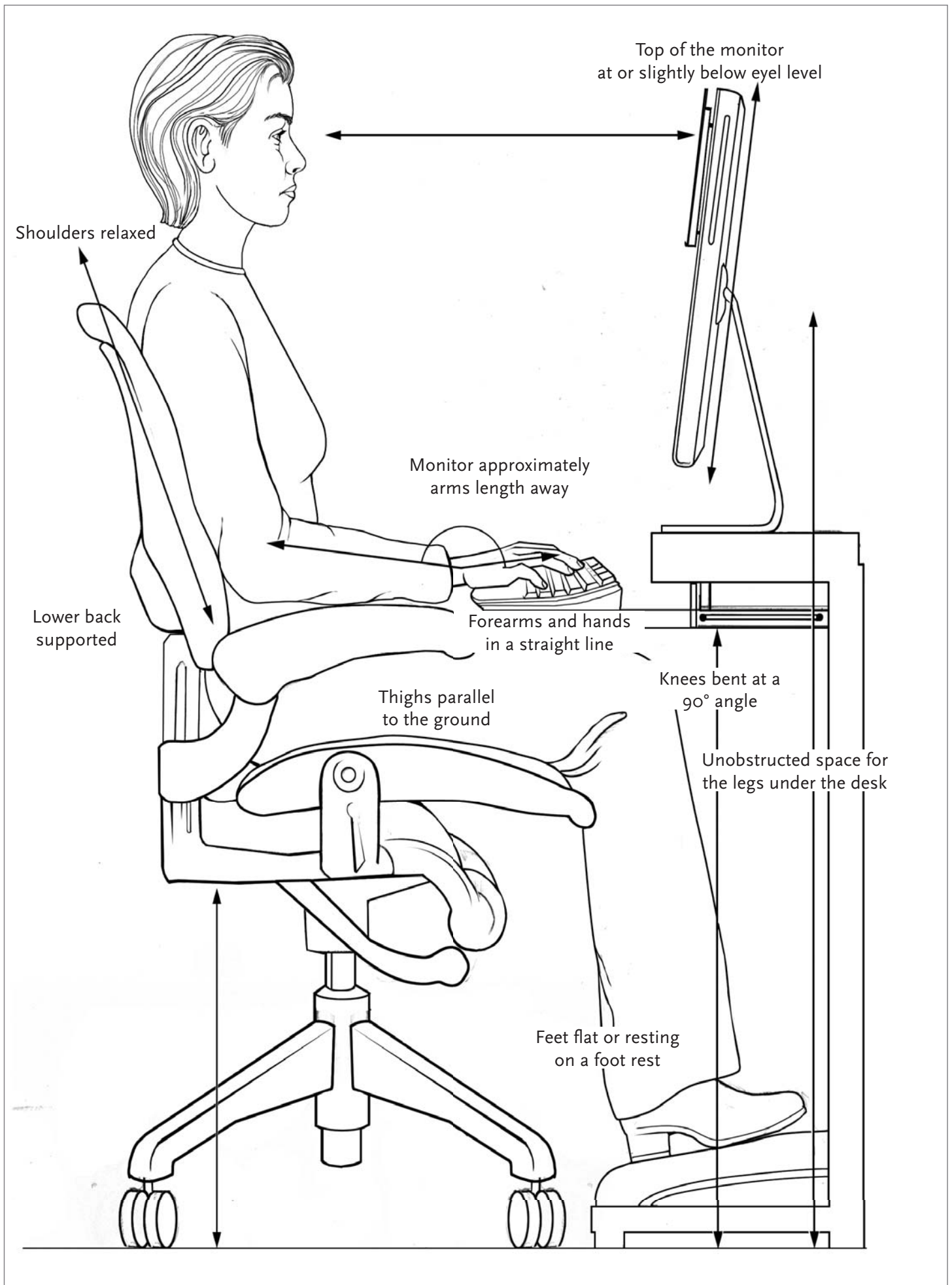
12 tips for an Ergonomic Computer Workstation

source: http://ergo.human.cornell.edu/ergoguide.html

1. use a good chair with a dynamic chair back and sit back in this
2. top of monitor casing 2-3" (5-8 cm) above eye level
3. no glare on screen, use an optical glass anti-glare filter where needed
4. sit at arms length from monitor
5. feet on floor or stable footrest
6. use a document holder, preferably in-line with the computer screen
7. wrists flat and straight in relation to forearms to use keyboard/mouse/input device
8. arms and elbows relaxed close to body
9. center monitor and keyboard in front of you
10. use a negative tilt keyboard tray with an upper mouse platform or downward tiltable platform adjacent to keyboard
11. use a stable work surface and stable (no bounce) keyboard tray
12. take frequent short breaks (microbreaks)

Information on this page was compiled by the DEA651 class of 2000 - Bethany Johnson; Emily Kuperstein; Mari Mitchell; Heidi Tinnes; with Garrick Goh (TA) and Professor Alan Hedge

For more detailed guidance see the Ergonomic Guidelines for arranging a Computer Workstation.

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