

STRETCHES FOR THE BACK, SIDE AND LEGS

WORKING AT A COMPUTER WORKSTATION ALL DAY CAN CAUSE PAIN IN THE BACK, SIDE AND LEGS.

HERE ARE SOME STRETCHES THAT MAY PROVIDE RELIEF:

Back / Side Stretch

Interlace your fingers and lift your arms over your head, keeping the elbows straight. Press arms as far back as you can. To stretch your sides, slowly lean to the left and then to the right. In a similar way, you can also bring your arms in front of your body, or behind to stretch the shoulder blades and chest.

Middle / Upper Back Stretch

Hold your right arm with your left hand just above the elbow. Gently push your elbow toward your left shoulder. Hold stretch for 5 seconds. Repeat with your left arm.

Back Curl (will also stretch your legs)

Grasp your shin. Lift the leg off the floor. Bend forward (curling your back), and reach your nose to your knee. Repeat with the other leg.

Ankle Flex and Stretch

Hold one foot off the floor with your leg straight. Alternately flex your ankle (point your toes up) and extend (point your toes down). Repeat with the other leg.

Standing Stretch

When standing, keep knees slightly bent. Place your hands on your lower back and gently push your hands forward while leaning back slightly.

Adapted from:

<http://www.ccohs.ca/oshanswers/ergonomics/office/stretching.html>