

## Chest and Back Ergonomic Exercises

### Chest Stretch

Many of us sit in a hunched posture at the cubicle desk, leading to sore shoulders and chest. The chest stretch is great for offsetting these issues, by relieving tension and letting blood flow back into these areas and for them to relax.

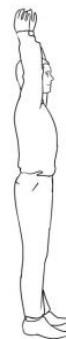
1. Begin by standing upright with your hands at your sides
2. Gently place your hands behind your head and interlock your fingers
3. Squeeze your shoulder blades together
4. Hold the stretch for 5-10 seconds, then relax and place your arms back down to your sides
5. Back Exercises and Stretches



### Low Back Stretch

The low back stretch is a great way to release tension all along the spine from sitting all day. It helps blood to flow back into the spinal cord and allows the surrounding muscles to relax.

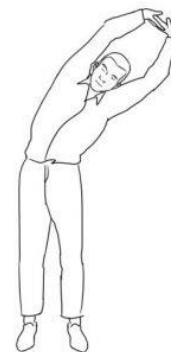
1. Begin by standing up and facing forward
2. Reach towards the ceiling until you feel a light stretch along your sides
3. Hold the stretch for 10 seconds
4. Reach higher until you feel an intense stretch along your sides
5. Hold the stretch for 10 seconds, then relax



### Back and Side Stretch

The back and side stretch is a great addition to the low back stretch, and helps to release tension around the entire spinal cord and the obliques after sitting for hours on end at our cubicles. It is one of the best standing stretches for back pain:

1. Begin by standing tall and facing forward
2. Reach your hands toward the ceiling and interlace your fingers
3. Make sure to keep your elbows straight!
4. Reach back as far as possible and then slowly bend to one side
5. Hold the stretch for 10 seconds
6. Repeat on the other side
7. Relax your hands back to your sides



### Seated Back Curl

A simple exercise to perform right in your chair, the seated back curl is a great office way to release stiffness and tension in both your legs and upper back.

1. Begin seated at the front of your chair with your feet planted firmly on the ground
2. Slowly lift one leg up and grasp your shin with both hands

3. Bend forward and reach your nose to your knee
4. Make sure to bend through your upper back!
5. Relax back to the starting position
6. Repeat on the other side



### **Standing Stretch**

Great for releasing tension in the low back and glutes, especially after sitting for long periods, do the standing stretch. It's a great alternative stretch for those who have a more limited range of motion.

1. Begin by standing upright with your hands by your side
2. Place both hands on your lower back, with your fingers pointed toward the floor
3. Gently lean back into your hands while keeping your feet in place on the ground
4. Hold the stretch for 5-10 seconds, then release
5. Leg Exercises and Stretches

