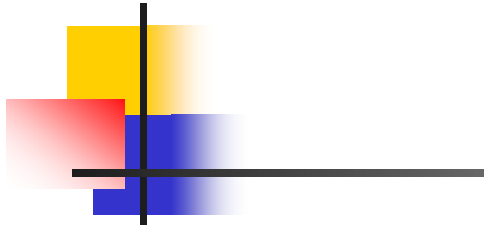




Stretching for the office workplace

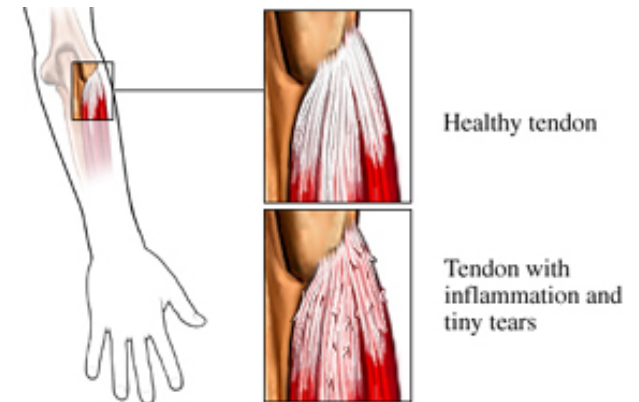
Assoc. Prof. E. Dimitrova, PhD
Department of Kinesitherapy, NSA,
Sofia, Bulgaria



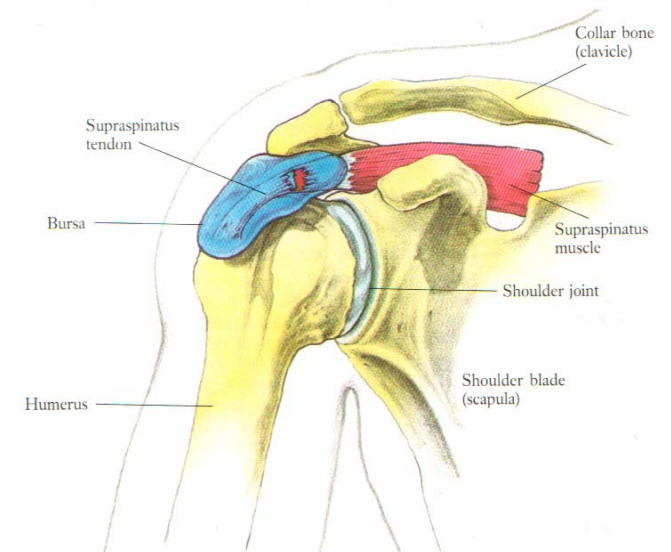
- Whether you work at a desk or computer, or work in a manufacturing job, it is important to take measures to protect yourself from a musculoskeletal disorder (MSD)

What is a Musculoskeletal Disorder (MSD)?

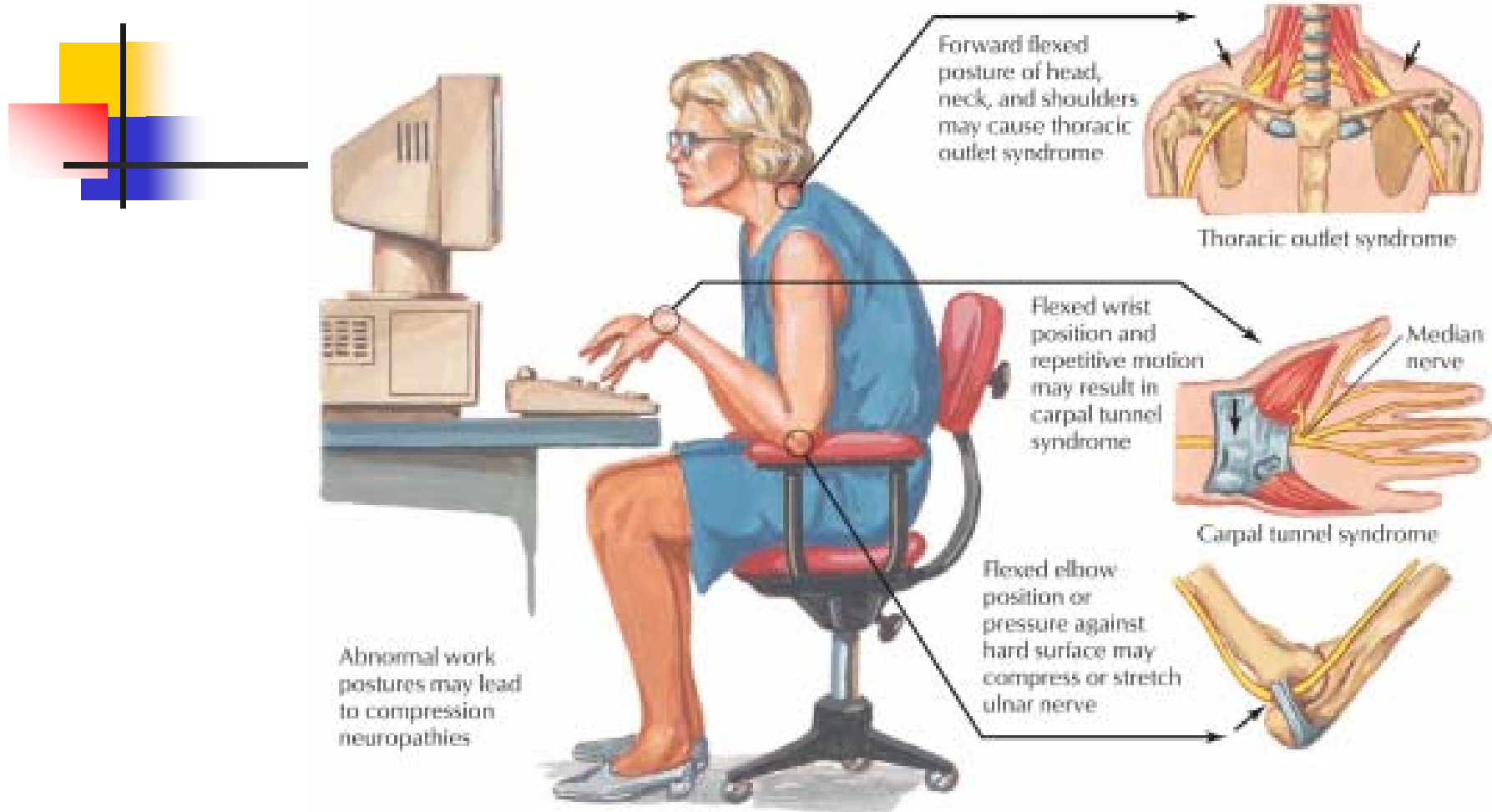
- An MSD is an injury that can affect the bones, muscles, tendons, ligaments, blood vessels, nerves, or joints.



Copyright © 2002 Nucleus Communications, Inc. All rights reserved.



What is a Musculoskeletal Disorder (MSD)?



- Sitting at a desk or computer can lead to muscle tension, stiffness, and strain in the neck, shoulders, arms, wrists, back, and legs which can lead to an MSD.



Alarming facts

- MSDs are the most common cause of severe long-term pain and physical disability
- MSDs can affect both men and women; however, men are more likely than women to suffer from an MSD.
- Sprains and strains account for 48% of lost time claims (WSIB, 2005).

MSDs can result from several factors:

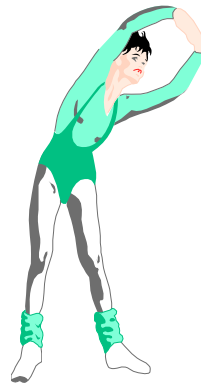
- Your level of fitness (muscle strength, flexibility, and endurance)
- Your age
- Your workplace job requirements



Prevention of MSDs

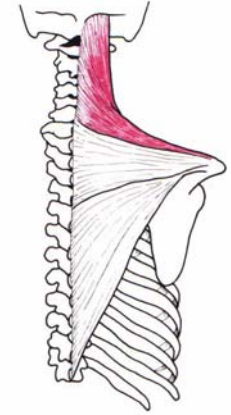


- There are several ways to help prevent MSDs, including:
- Maintaining proper posture
- Strengthening muscles
- Increasing flexibility through regular stretching
- **This presentation will focus on stretching at the workplace.**





The Benefits of Stretching



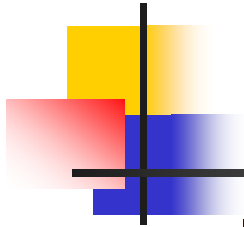
- It relieves muscle tension and can help reduce stress
- It increases your range of motion, which promotes flexibility and makes everyday activities easier
- It increases blood flow to the muscles and surrounding tissues





Stretches For The Office Workplace

- The following stretches are designed specifically for those who work in an office workplace.
- Perform the stretches daily for maximum benefits
- Hold each stretch for 20-30 seconds
- You should feel a gentle stretch, not pain when stretching. Stop if you feel pain.



Active axial elongation



- Neck Roll

Lower your chin towards your chest. Slowly roll your head towards one shoulder, return head centre, and then slowly roll your head to the opposite shoulder.



- Neck Rotators PIR

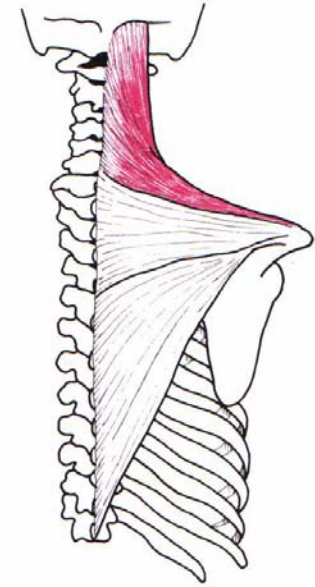


- Neck extensors





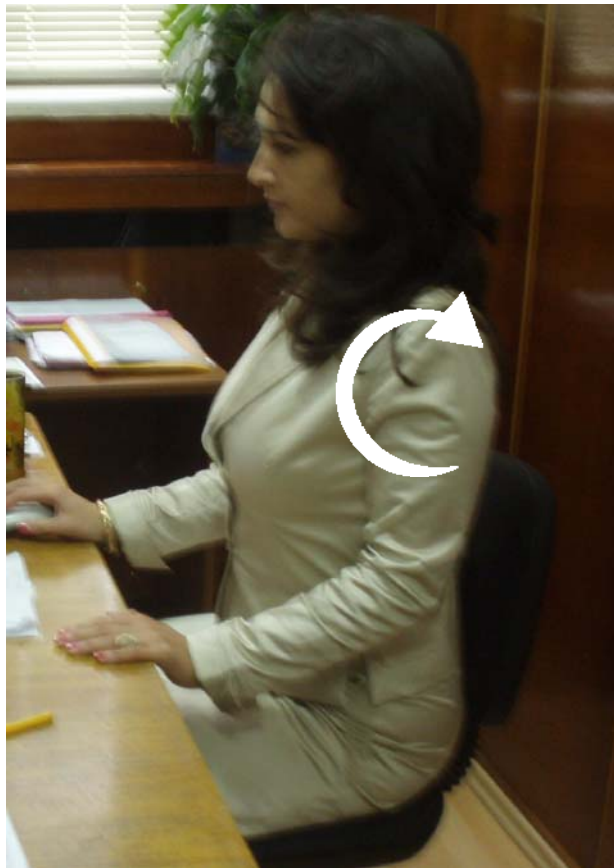
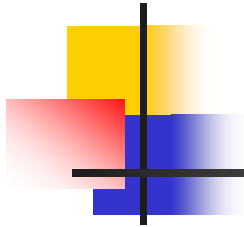
Cervical Lateral Flexion



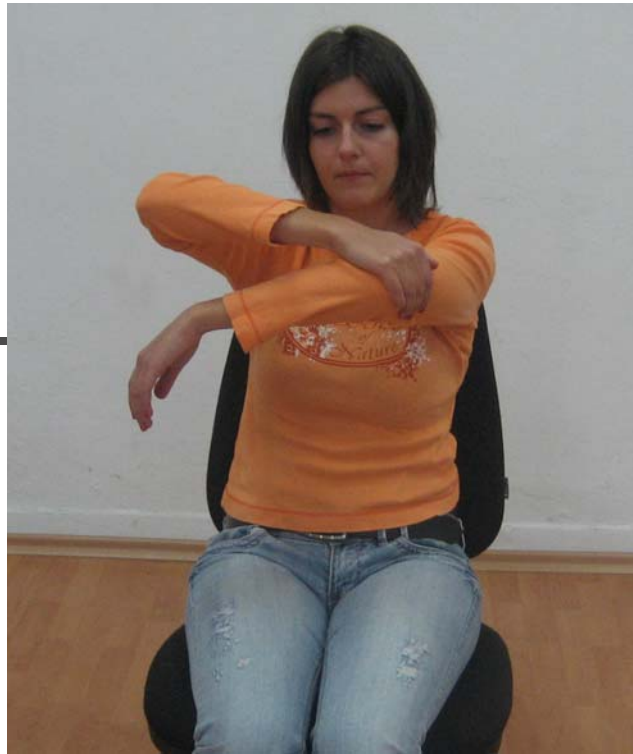
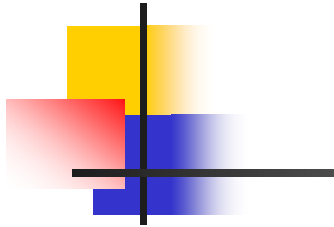
Cervical Lateral Flexion with Flexion Stretch

- Seated position
- 1 hand on contralateral upper trapezius (on temporal/occipital lobe)
- Gently apply pressure to laterally flex head & then move into slight flexion
- **Contraindication** - cervical disc problems, osteoporosis of cervical spine



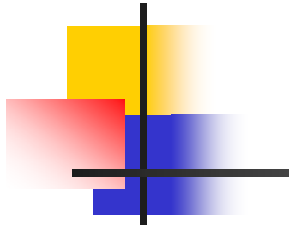


- **Shoulder Roll**
Inhale as you lift and roll your shoulders backwards. Exhale as you roll your shoulders down and back, squeezing your shoulder blades together. Repeat and then switch directions.



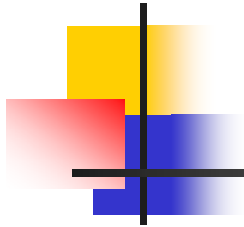
- **Upper Back / Shoulder Stretch**

With shoulders relaxed, bring one arm across your body, using your hand to pull the arm towards your body until you feel a stretch in the upper back. Repeat with opposite arm.



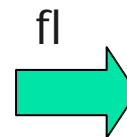
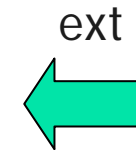
- **Chest Stretch**

With arms bent at the elbow, pull your arms behind you at shoulder level and squeeze your shoulder blades together until you feel a stretch across your chest.



- Forearm / Wrist

Extend one arm out in front of your body. Use your other hand to gently pull back on your fingers until you feel a stretch in your forearm. Repeat stretch with opposite hand.





- Side Stretch

Begin sitting tall and facing forward. Reach both arms to one side of the body, turning your torso and looking behind you until you feel a stretch across your mid-section. Repeat on other side





- Back extensors





- **Hamstring and Calf Stretch**

While seated, extend one leg straight out in front of your body, toes pointing towards the ceiling, bringing your leg as parallel with the ground as possible.





- **Standing Back Extension**

Standing near your desk or work area, place your palms against your low back. Lean your upper body back, without arching your neck.





- **Ankle Roll**

While seated, lift one foot off the floor. Begin by pointing your toes towards the ground and then rolling your foot counterclockwise, then clockwise. Repeat for opposite foot.





Key Messages

- Flexibility is a key component of MSD prevention
- Flexibility allows for relaxed muscles and mobile joints.
- Remember to stretch daily for maximum benefit.