

## Office Ergonomic Stretching

**Posted in:** Office Ergonomics, Posture, Breaks and Stretches

As we all know, awkward and static postures, long work days (repetition) and the fact that our muscles are working at low but constant levels can lead to discomfort.

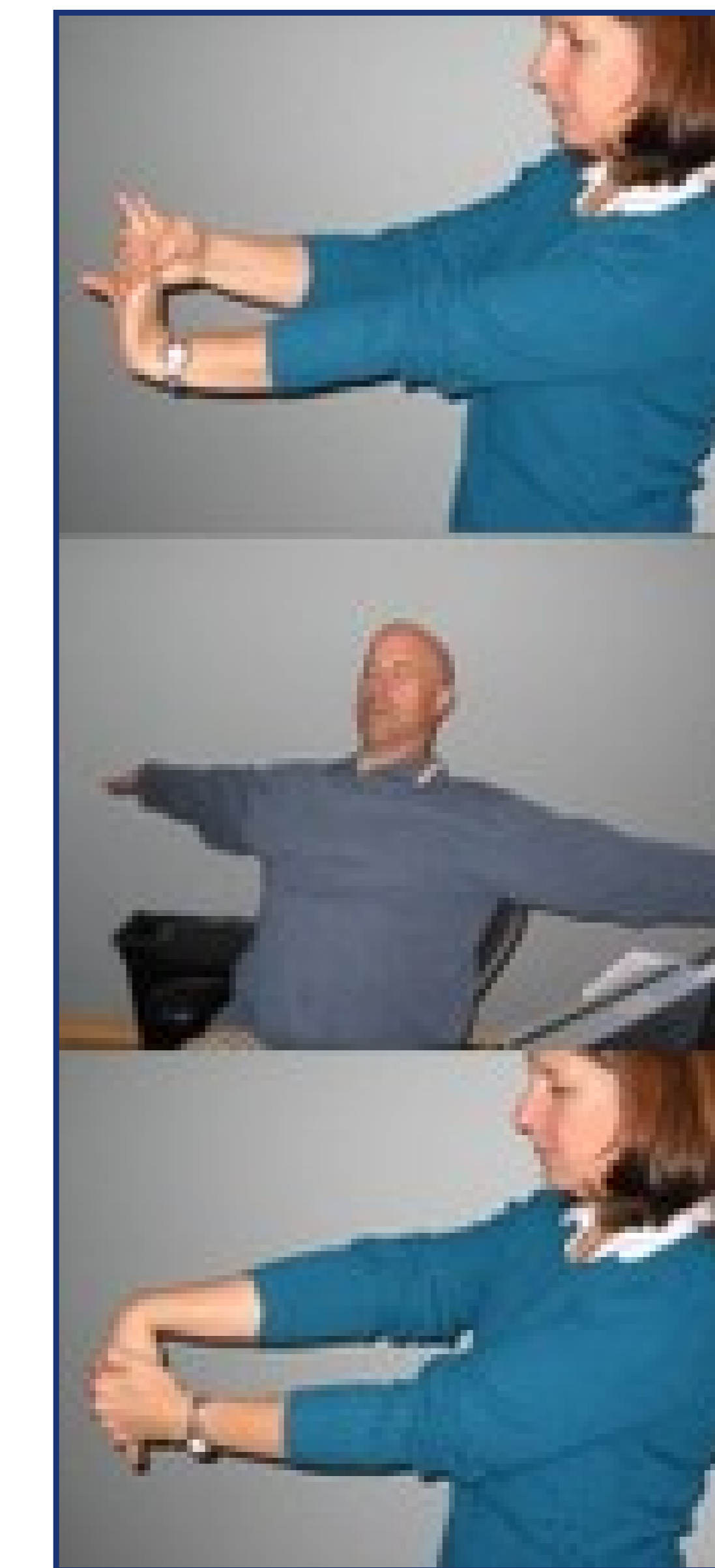
If you're like most people working at the computer, you will probably have felt the burn in the shoulders or the ache in the forearm or wrist at some point in your working career.

Generally, all of the physical (and other) stress in our life can add up to a point where pain and discomfort creep in.

When we look at the build up of stress on the body from using input devices, it's little wonder that discomfort or injury could be the result. There are a few simple stretches that can go a long way to giving your tired muscles time to recover and to help release the tension.

As always, stretching and exercises should NOT be painful. The pictures on the right are simple stretches meant to encourage bloodflow, tissue flexibility, decrease tension, and primarily – just to get you to stop chasing the mouse around for a few seconds!!!

Finally, remembering that we need to find a sustainable work/rest balance for our muscles is very important.



**ERGORISK**

This article was  
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