Ergonomic Exercises and Stretches

Eyes
20:20:20
Every 20 minutes, focus on an object 20+ feet in distance for 20 seconds.

Neck and Shoulders
Shoulder Circles
Start in a seated or standing upright neutral position. Shrug your shoulders towards your ears, roll your shoulders back and pinch your shoulder blades, then let the shoulders drop to the starting position. Move shoulders in a circular fashion and repeat as desired.

Hands
Catch and Release
Make a fist slowly and hold for 1 – 3 seconds. Slowly open hands to spread fingers and hold for 1 – 3 seconds. Repeat as desired.

Lower Back
Extension
Stand with feet shoulder width apart. Place hands on back of hips and slowly lean hips forward and shoulders back to slightly arch the back. Hold for 5 - 10 seconds.

Movement
Micro-breaks
Movement is important to integrate throughout the day. Find simple ways such as standing up when using the telephone, walking to a printer, or walking to get water frequently. Aim to move every 20-30 minutes (twice per hour) for 2-3 minutes.

Questions?
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These exercises and stretches are not provided to cure any existing problems but may help in preventing any future discomfort. Individuals with prior injuries should consult with a personal physician before starting a new exercise and stretching routine.

Caution: If you have a work related injury or any type of reoccurring discomfort, you should immediately report your injury/symptoms to your supervisor and workers' compensation (ext. 4-2664).