**Leg Stretches:**

Knee Hugs

* Do not round back



Hamstring Stretch

* Keep back neutral
* Bend at the hips



Lunge Stretch

* Don’t allow front knee to pass toes
* Keep hips neutral by engaging glutes

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| More exercises may be found  on our website. |

Need an ergonomics assessment?

Contact us!

Email: ERGO@uwec.edu

Phone: 715-836-3999

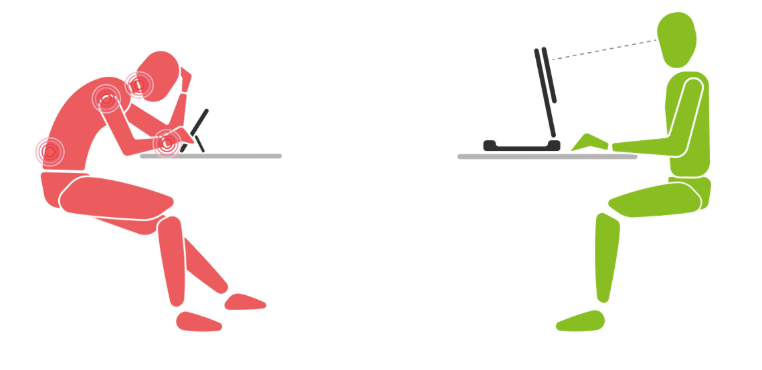
http://www.uwec.edu/LPS/

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| These stretches should not be done if any pain is experienced. If you have concerns about discomfort, contact your physician before doing any exercises or stretches. |

Risk Management & Safety

Ergonomics

**Desk Stretches**



**Wrist Stretches:**

Wrist Flexion and Extension

* Straight elbows



Palm Spread

**Ankle Roll:**

* Clockwise and counter-clockwise



**Arm Stretches:**

Arm Hugs

* Keep arm parallel to ground

Triceps Stretch

* Do not arch back

Pec Stretch

* Do not arch back
* Squeeze shoulder blades together

Shoulder Rolls

* Forward and backward



Overhead Reach

* Do not arch back
* Straighten arms as much as possible

Arm Circles

* Clockwise and counter-clockwise
* Slow and controlled



\*These stretches should be done once per day

\*Complete each stretch twice for 15 seconds

\*Complete rotational exercises for 10 cycles