STRETCHING AT WORK GUIDELINES

Benefits:

- Relieve stress
- Relax tense muscles—counter the effects of prolonged work in a static position
- Re-energize your day
- Improve productivity

Precautions:

- If you are being treated by a health care provider for a musculoskeletal condition (or have been within the past 3 months), consult with him/her before starting
- If you feel pain, excessive discomfort, numbness, tingling, or a loss of strength STOP immediately and contact a health care provider

Tips for stretching:

- Perform a brief warm-up. Take a quick walk around the office, or simply march in place for 30-45 seconds.
- Gradually move into the stretch and hold at the end-range. Do not bounce.
- Don’t hold your breath. Try to breathe as normally as possible.
- Stretch to the point where you feel a gentle pull in the muscle. Sharp pain may be a sign of overstretching.
- Hold each stretch for 10-20 seconds.
- Repeat each stretch 2-3 times. Be sure to complete on both sides of the body.
- Try to relax your body as much as you can while you stretch. Don’t tense up.
- Maintain good posture during stretching.
- Consider stretching with a group of co-workers.