



# ***Ergonomic Exercises***



Campus Activities Center  
**Prevention & Wellness**



Pittsburg State University.  
Health, Human Performance,  
& Recreation



**Pittsburg State**  
**University**  
Library Services

## ***Why stretch?***

It is important to move and stretch our bodies approximately every 20 minutes. Some benefits of physical activity that can be achieved immediately are:

- Reduced feelings of anxiety
- Reduced blood pressure
- Improvements in sleep
- Some aspects of cognitive function
- Insulin sensitivity
- Memory and focus

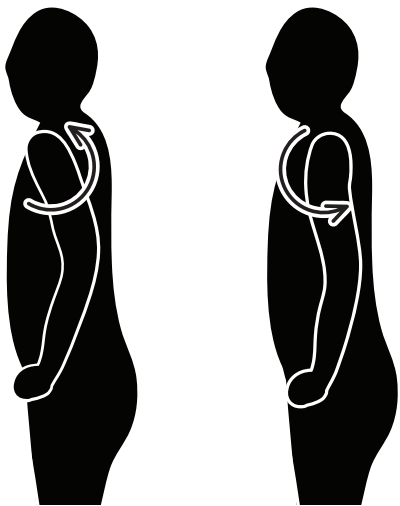
### ***Brain and Memory:***

Exercise changes the brain in ways that protect memory and thinking skills. Researchers found that regular aerobic exercise, the kind that gets your heart and your sweat glands pumping, appears to boost the size of the hippocampus, the brain area involved in verbal memory and learning.

## ***Stretching Principles***

- Move slowly
- Don't bounce
- Hold stretches 5-10 seconds
- Breathe
- Stretching should not be painful

# Total Body Stretches



## ***Shoulder Rolls***

- Relax and hang shoulders at sides
- Roll shoulders up and backwards three times
- Repeat in the opposite direction

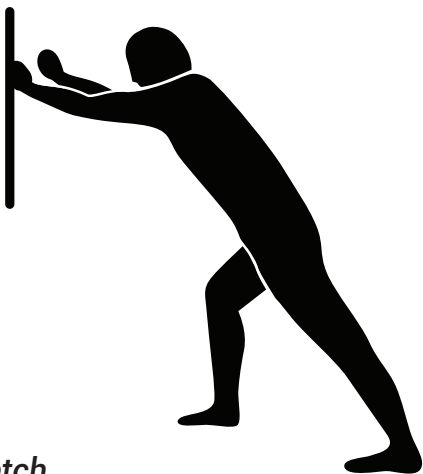
## Total Body Stretches



### *Seated Rotation*

- Sit in chair, wrap feet around chair legs to stabilize your body
- Reach across body and grab the back of the chair
- Pull gently to increase the stretch in the middle of your back
- Hold 5-10 seconds and repeat reaching to the opposite side

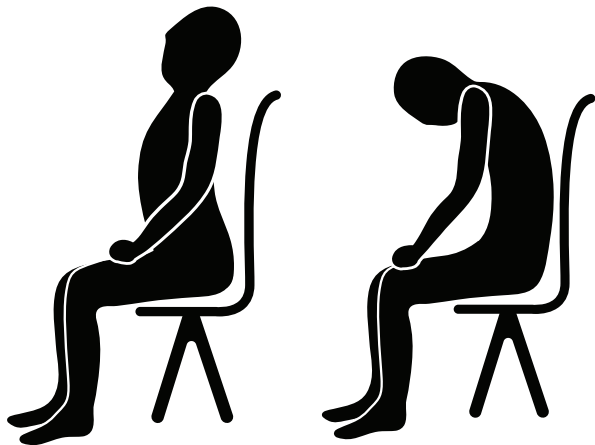
## Total Body Stretches



### *Calf Stretch*

- Stand about arm length away from wall gently placing palms on wall
- Position one leg behind the other, point your toes slightly outward, and keep your knee straight
- Gently lean into the wall until a stretch is felt in the back of the leg below the knee
- Hold 5-10 seconds, switch legs and repeat

## Total Body Stretches

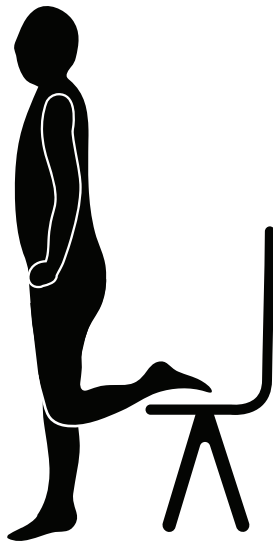


### *Seated Cat/Cow*

- Sit with hands on lap palms down
- Cow – arch spine so forehead goes up to ceiling tailbone curls up
- Cat – do the opposite movement tucking chin and belly button towards the spine
- Tuck tailbone in
- Hold 5-10 seconds, relax and repeat 3-5 times



## **Total Body Stretches**



### ***Quadriceps Stretch***

- Place your foot on chair with your knee bent at a 90 degree angle
- Push the top of your foot into the chair
- Try not to bend forward
- Hold for 10 seconds, switch legs and repeat



## ***Upper Body Stretches***

These stretches are useful for workers who complete assembly tasks and do a lot of reaching, like library workers

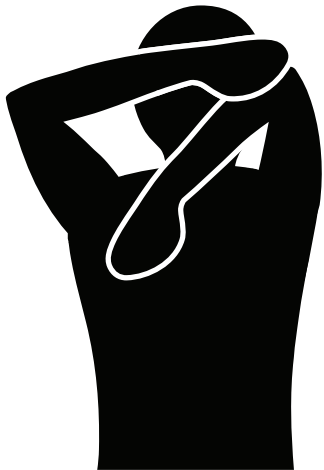
## Upper Body Stretches



### *Hug Stretch*

- Wrap your arms around your torso, try to reach your shoulder blades
- Hold for 5-10 seconds
- Relax and repeat

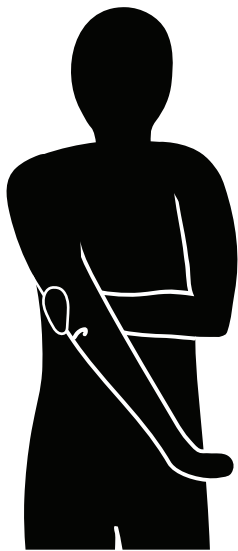
## Upper Body Stretches



### *Triceps Stretch*

- With arms overhead, hold the elbow of one arm with the hand of the other arm
- Gently pull the elbow behind your head, creating a stretch, move slowly
- Hold for 5-10 seconds
- Repeat with your other arm

## *Upper Body Stretches*



### *Shoulder Stretch*

- Gently pull the elbow across the chest keeping the hand toward the floor
- Hold above the elbow
- Hold stretch for 5-10 seconds
- Relax and repeat with your other arm

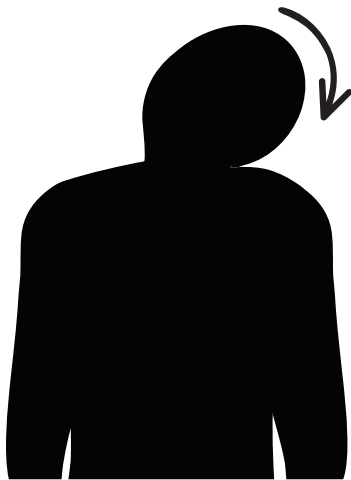
## Upper Body Stretches



### *Chest and Back Stretch*

- Open your chest up by pulling your shoulder blades back and together
- Keep palms pressed together
- Hold for 5-10 seconds

## Upper Body Stretches



### **Neck Stretch**

- Tilt ear toward shoulder
- Hold for 5-10 seconds, repeat 2-3 times (come out of stretch very slowly)
- Reverse side