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# WORKSAFE

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## ► Stretches for the Back, Side and Legs

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Working at a computer workstation all day can cause pain in the back, side and legs. Here are some stretches that may provide relief.

- **Back / Side Stretch**  
Interlace your fingers and lift your arms over your head, keeping the elbows straight. Press arms as far back as you can. To stretch your sides, slowly lean to the left and then to the right.
- **Middle / Upper Back Stretch**  
Hold your right arm with your left hand just above the elbow. Gently push your elbow toward your left shoulder. Hold stretch for 5 seconds. Repeat with your left arm.
- **Back Curl (will also stretch your legs)**  
Grasp your shin. Lift the leg off the floor. Bend forward (curling your back), and reach your nose to your knee. Repeat with the other leg.
- **Ankle Flex and Stretch**  
Hold one foot off the floor with your leg straight. Alternately flex your ankle (point your toes up) and extend (point your toes down). Repeat with the other leg.
- **Leg Lift**  
Sit forward on the chair so that your back is not touching the chair's back. Place feet flat on the floor. With a straight leg, lift one foot a few inches off the floor. Hold momentarily, and return your foot to the floor. Repeat with the other leg.

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From: **CCOHS, Office Ergonomics Safety Guide**

Adapted from: [www.ccohs.ca/oshanswers/ergonomics/office/stretching.html](http://www.ccohs.ca/oshanswers/ergonomics/office/stretching.html)