
WORKSAFE

► Stretches for the Neck and Shoulders

Working at a computer workstation all day can cause pain and discomfort in the neck and shoulders. Here are some stretches that will help relieve pressure and strain in the neck and shoulders.

- **Shoulder Shrug**
The purpose of the shoulder shrug is to relieve early symptoms of tightness or tension in the shoulder and neck area. Raise the top of your shoulders towards your ears until you feel slight tension in your neck and shoulders. Hold this for 3 to 5 seconds. Then relax your shoulders downward to their normal position. Do this 2 or 3 times.
- **Head Glide**
The head glide helps to stretch your chest, neck and shoulder muscles. Sit or stand upright. Without lifting your chin, glide your head straight back. You know you are doing this exercise correctly if it gives you the feeling of having a double chin. Hold for 20 counts and repeat 5 to 10 times.
- **Neck Relaxer**
This exercise helps to relax the neck. Drop your head slowly to the left, trying to touch your left ear to your left shoulder. Repeat on the right side. Slowly drop your chin to your chest, turn your head all the way to the left, and then turn all the way to the right.
- **Shoulder Roll**
This exercise will help relax the shoulder muscles. Slowly roll your shoulders backward five times in a circular motion. Next, roll your shoulders forwards.

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

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