

# Avoid Desk Job Injuries

## With These Stretches

Sitting at your desk for the better part of the day can lead to muscle pain, strain and eventual repetitive injury.

### Back

Interlace your fingers behind your neck and pull your shoulder blades together. Hold the stretch for three seconds and relax. Repeat as many times as you would like.

### Shoulders

Shrug your shoulders up towards your ears, but don't drop them. Hold your shoulders in place for three to five seconds, and then relax. Repeat the stretch three times.

### Wrists

Place your hands flat on your desk. Move your wrists from side to side as far as you can without removing your hands from the desk top. Hold each stretch for five seconds and repeat the exercise at least three times.

### Thighs

Sit in up in your chair with both feet on the floor. Lift one knee so that your foot is just a few inches off the floor and hold the pose for a few seconds. Repeat with your other leg.

### Ankles

If you are flexible enough, sit in your chair and place your right ankle on top of your left knee. Gently push down on your right knee until you feel a stretch. Hold for a few seconds and then relax. Repeat with your other leg.

The good news is that there are stretches you can perform at the comfort of your desk that can help prevent these injuries.

### Neck

Sit upright in your chair and tilt your head to the left, as if you were going to lay your left ear on your shoulder. Hold your head in that position for a few seconds, and then repeat on the right.

### Arms

Put your elbows on your desk and place your palms together. Gently lower your wrists without sliding your elbows apart. Hold the stretch for about seven seconds and repeat three times.

### Fingers

Stretch your arm out in front of you and grab your fingers with the opposite hand. Gently pull your fingers back until you feel a stretch in your wrist. Hold the stretch and then gently press the same hand down towards the table. Hold that stretch. Repeat three times on each arm.

### Calves

Lift one leg off the floor and keep your toes pointed up. Flex your foot back and forth slowly as many times as you like. Repeat with your other leg.



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