Health and Safety Department

Stretches for Computer Users

1) Upper Back Stretch

Place your hands onto your head.

Bring your elbows together in front.

Then bring your elbows out to the sides.

2) Side Neck Stretch

Place the palm of your right hand just above your left ear.

Tilt your head position to the right, slightly stretching the side of the neck.

Repeat on the other side.
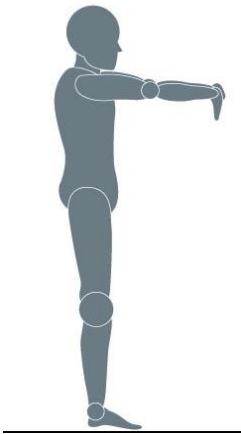
3) Upper Back and Stretch

Stand vertical to a wall.

With your elbow kept straight, place your left hand on the wall and reach your right arm above your head towards the wall.

Repeat this exercise on the other side.

4) Backward Shoulder Stretch

Reach backwards, squeezing your shoulder blades together, expanding the chest.
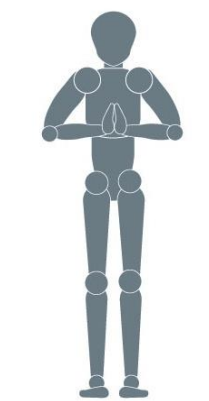
5) Wrist & Forearm Stretch

Stretch your arms forwards, palm downwards.

With the left hand apply a stretch to the back of the right hand.
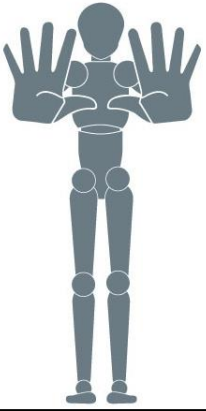
Repeat for the left hand.

6) Wrist Stretch

Bring your palms together in front of your chest, with fingers upwards and elbows out to the side.

Press the base of the hands together.

7) Fingers & Palms

Position your hands in front of you, stretching all your fingers outwards.

8) Chair Twist

Sit on a chair, crossing your right thigh over the left thigh, reaching your left arm over your right thigh.

Repeat the same exercise on the other side.

Do each stretch slowly and within your comfort level.

Remember to take short frequent breaks when using computer equipment.