**Ergonomic Stretches Handout**

**Wrist Extension**

With palms together, slowly lower wrists until a stretch is felt. Be sure to keep palms together throughout the stretch. Hold for 10 seconds.

**Wrist Extensor**

Keeping the elbow straight, grasp hand, and slowly bend wrist down until a stretch is felt. Hold for 10 seconds.

**Shoulder Horizontal Adduction**

Stand and grasp the elbow with other hand as shown. Pull the elbow and arm across the chest so that a stretch is felt. Hold for 10 seconds.
Next Extension
Bend head backward and return to starting position. Hold for 2 seconds.

Neck Retraction
Pull head straight back, keeping jaw and eyes level. Hold for 2 seconds.

Standing Backward Bend
Arch backward to make hollow of back deeper. Hold for 2 seconds.

Neck Side Bend
Sit or stand with good posture. Keeping face forward, tip ear toward same shoulder. Hold for 5 seconds.