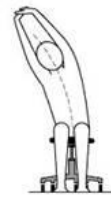
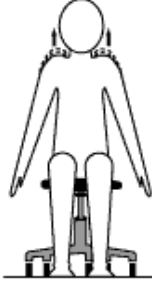






# Stop & Take an **ERGO** Break

## #4: Shoulders



Here are a number of shoulder exercises that will help stretch muscles that are commonly overworked at an office desk related job. Do not do any stretches that cause pain.

<p>Shoulder Shrug</p> 	<p>Raise the top of your shoulders towards your ears until you feel slight tension in your neck and shoulders. Hold this feeling of tension for 3 – 5 sec. Then relax your shoulders downward into their normal position.</p> <p>Repeat 2 – 3 times.</p>
<p>Shoulder Roll</p> 	<p>Sit on chair, feet flat on the floor. Allow the spine to lengthen. Inhale and lift your shoulders up and back. Exhale, bring them down. Repeat 3 – 5 times, come back to centre.</p> <p>Place your hands on your shoulders, bring the elbows together in front of the chest, then up to the ceiling, back as far as possible and then down. Feel the free movement of the shoulder blades. Repeat several times, slowly and deliberately using your full range of movement.</p>
<p>Overhead Shoulder Stretch</p> 	<p>Sit on chair, feet parallel and flat on the floor. Interlace your fingers in front of you, palms facing out. With your elbows bent, bring your arms up overhead. Inhale and draw your shoulders back. Exhale and stretch your arms straight up, pressing your palms toward the ceiling. Hold for 5 – 10 sec. Breathe softly and evenly. Exhale and release the arms down.</p> <p>Repeat 2 -3 times.</p>
<p>Arm Reach</p> 	<p>Interlace fingers and turn palms out. Extend arms in front at shoulder height.</p> <p>Hold 10 - 20 sec. Relax, repeat 2 -3 times.</p>
<p>Shoulder Stretch</p> 	<p>Gently pull your left elbow across your chest towards your right shoulder until you feel a stretch. Hold for 5 - 10 sec.</p> <p>Repeat 3 - 5 times. Repeat with other arm.</p>

References: <http://www.ccohs.ca/>, <http://www.humankinetics.com/>, <http://www.spine-health.com/>