
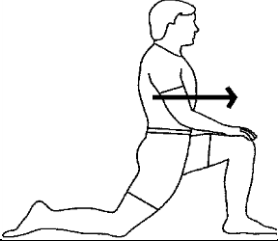





# Stop & Take an **ERGO** Break

## #6: Thigh



Here are a number of thigh 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>Quadriceps Stretch</p> 	<p>Stand near a wall or a piece of sturdy exercise equipment for support. Grasp your ankle and gently pull your heel up and back until you feel a stretch in the front of your thigh. Tighten your stomach muscles to prevent your stomach from sagging outward, and keep your knees close together. Hold for about 15 – 20 sec.</p> <p>Repeat 2 – 3 times on each leg.</p>
<p>Hip Flexor Stretch</p> 	<p>Kneel on your right knee, cushioning your kneecap with a folded towel. Place your left foot in front of you, bending your knee and placing your left hand on your left leg for stability. Place your right hand on your right hip to avoid bending at the waist. Keep your back straight and abdominal muscles tight. Lean forward, shifting more body weight onto your front leg. You'll feel the stretch in your right thigh. Hold for about 15 – 20 sec.</p> <p>Repeat 2 – 3 times on each leg.</p>
<p>Hamstring Stretch</p> 	<p>Sit forward on the chair so that your back is not touching the chair's back. Place feet flat on the floor. With a straight leg, lift one foot a few inches off the floor. Hold for about 15 – 20 sec, and return your foot to the floor.</p> <p>Repeat 2 – 3 times on each leg.</p>
<p>Seated Glute Stretch</p> 	<p>Sit on chair or bench with ankles positioned below knees. Cross lower leg over thigh of opposite leg. Lean down, lowering torso toward thighs. Spine may be kept straight. Pelvis may be tilted forward to intensify stretch. Hold for about 15 – 20 sec.</p> <p>Repeat 2 – 3 times on each leg.</p>
<p>ITB Stretch</p> 	<p>Stand near a wall or a piece of sturdy exercise equipment for support. Cross your left leg over your right leg at the ankle. Extend your left arm overhead, reaching toward your right side. You'll feel the stretch along your left hip. Hold for about 15 – 20 sec.</p> <p>Repeat 2 – 3 times on each leg.</p>

References: <http://www.ccohs.ca/>, <http://www.mayoclinic.com>, <http://www.safetyoffice.uwaterloo.ca/>

