

# Stretches for Commuters

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## **“Feeling Good At Work:**

**Ergonomics, Stretching, Self-Massage**

**for Office Workers, Desk Jockeys, Computer Wizards”**

**by Robin Segal, Ph.D.**

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## ***Stretches for Commuters:*** **Muscles along and between ribs.**



Waiting for train:  
10 seconds/side.

Standing on train:  
10 seconds/side.



- Seated, arms outstretched above head, hands clasped and turned out: Push palms up as far as possible, feeling the stretch on the sides of the back and ribs . When you are comfortable doing this, bend slightly to the side (image), taking care to not bend forward or back.
- Standing, with elbows close ears: The opposite hand pulls the elbow against the ear towards the opposite side. Bend sideways (not forward or back) from the waist.

## ***Stretches for Commuters:*** **Hamstrings- Back of Thighs**



- Stand with one leg out in front, knee straight, foot flat on the floor: Bend the other knee and lean forward. Bend the forward ankle up, increasing the stretch.
- Stretching your hamstrings can help relieve lower back pain.

## ***Stretches for Commuters:*** **Back and side of neck... to shoulderblade**



- Gripping the side of the chair with one hand, bend to opposite side and front. Feel the pull in the side of the neck and shoulder. Rest the forearm (of the arm NOT gripping the chair) on the head. Let the arm's weight gently pull the head into the stretch.

## ***Stretches for Commuters:*** **Back of neck... upper back**

- Drop chin to chest; imagine somebody pushing your head down towards the floor. Feel the stretch all the way down to the middle of the back.
- Grip the top and back of the head, letting the hand's weight pull the head down. Once the head is hanging comfortably in a gentle stretch, turn it slightly from left to right.



## ***Stretches for Commuters:*** **Chest (pectoralis muscles...”pecs”)**



- Seated, place the hands on the back of the hips. Tilt the head up a little and push the elbows back and together; push the chest forward.
- You can stretch the pecs standing up or sitting down. Pecs don't usually get sore, but they do get shortened from hunching over a desk all day. If you stretch them, your shoulders will fall back more easily, and you might stand up straighter immediately.

## ***Stretches for Commuters: Lower Back I***

- Standing, knees slightly bent:  
Hang from the waist; lower back should tingle, not be in pain.
- Sitting on the edge of a chair:  
Leanechest to knees, as far as you can, comfortably; let arms hang down. Relax.



## ***Stretches for Commuters: Lower Back II***

- Sitting in a chair, hands on hips: Twist slowly at the waist.



These stretches are adapted from the book:

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*for*

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