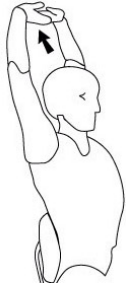


Computer Workstation Stretches

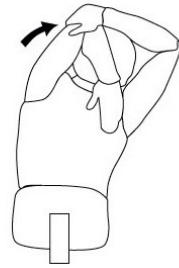
It is recommended that you complete stretches 2 to 3 times a day. It is important to read the instructions carefully and only stretch to the point when you feel pressure – not pain. If you have an injury, you should see your doctor before completing stretches of the affected area.



Reach above your head, grasp your hands together, turn your elbows in and press up. Hold for 5 seconds and repeat 3 – 5 times.



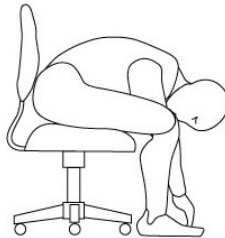
Reach behind your chair, grasp your hands together, turn your elbows out and press out. Hold for 5 seconds and repeat 3 – 5 times.



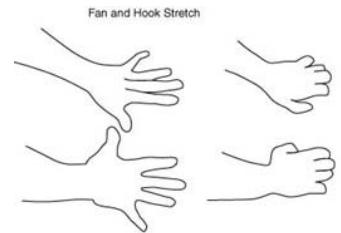
Reach one hand behind your head (toward the other shoulder blade) and use your other hand to increase the stretch. Hold for 5 seconds and repeat 3 – 5 times.



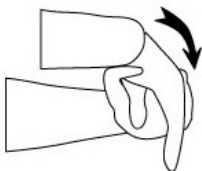
Bring knee up towards your chest, while keeping your back against the backrest of the chair. Hold for 5 seconds and repeat 3 – 5 times.



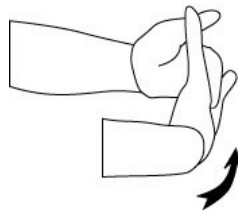
Sitting in your chair, lean forward and reach for the floor. Hold for 5 seconds and then slowly sit up. Repeat 3 – 5 times.



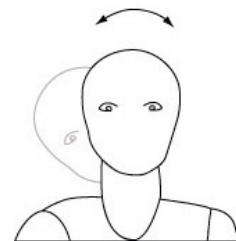
Open your fingers (fan) and then hook them. Hold for 5 seconds and repeat 3 – 5 times.



With your arm straight, bend your wrist down and use other hand to increase the stretch. Hold for 5 seconds and repeat 3 – 5 times.

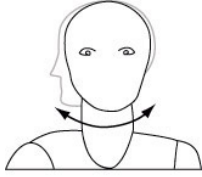


With your arm straight, bend your wrist up and use other hand to increase the stretch. Hold for 5 seconds and repeat 3 – 5 times.

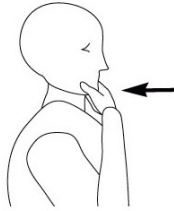


Looking straight ahead, tilt your head moving your ear towards your shoulder. Hold for 5 seconds and repeat 3 – 5 times.

Computer Workstation Stretches



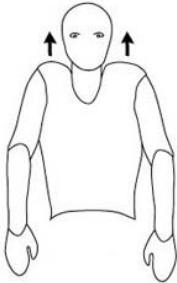
Looking straight ahead, rotate your head to the right. Hold for 5 seconds and repeat 3 – 5 times. Complete stretch looking to the left.



Looking straight ahead, move your head straight back keeping your eyes level. Do not hold this stretch but you can repeat it 3 – 5 times.



Looking straight ahead, tilt your head moving your chin towards your chest. Hold for 5 seconds and repeat 3 – 5 times.



Raise your shoulders up towards your ears. Hold for 5 seconds and repeat 3 – 5 times.



Bring arm across your body and use other hand to increase the stretch. Hold for 5 seconds and repeat 3 – 5 times.



Roll your shoulders up and back. Hold for 5 seconds and repeat 3 – 5 times.