

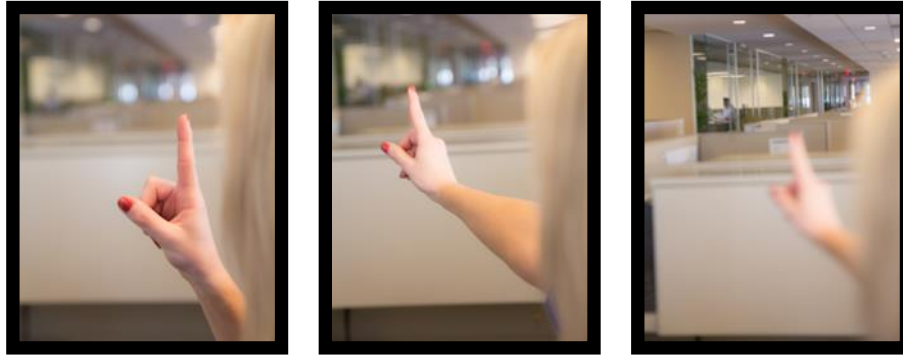


Standing or sitting for extended periods of time can take a toll on your body. To reduce or prevent discomfort or pain, try to perform stretches and exercises periodically throughout the day. Here are examples of stretches or exercises you can perform at your workstation:

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Eye Exercise



Start by facing straight forward:

- Place one hand out in front of you with your index finger up.
- Start with the hand very close to your face focusing on the index finger.
- Slowly move that hand away keeping focus on your index finger.
- Once your arm is fully extended, try and focus on something off in the distance at least 20 feet away for 20 seconds.
- Then shift your focus back to your finger.

Neck Stretch I



Start by facing straight forward:

- Place one hand on the top of your head with the arm out to the side.
- Then use that hand to pull your neck to one side being sure the rest of your body is as upright as possible.
- Hold the stretch for 15-30 seconds; be sure you are feeling the stretch but that it is not uncomfortable or painful.
- Return to the beginning position and repeat this exercise in the opposite direction.

Neck Stretch II



Start by facing straight forward:

- Place one hand under the opposite elbow.
- Then use that hand to pull the elbow inwards across the body.
- Once the elbow is pulled turn your head out to the side.
- Hold the stretch for 15-30 seconds; be sure you are feeling the stretch but that it is not uncomfortable or painful.
- After the first 15-30 seconds move your head downwards, and see if you can feel the stretch move to a slightly different spot of your neck.
- Return to the beginning position and repeat this exercise in the opposite direction.

Back Stretch: Shrug



Start by sitting or standing in a relaxed position:

- Be sure shoulders are down relaxed by your side.
- Use your upper back muscles to pull your shoulders upward towards your ears.
- Then relax them down in neutral position again.
- Repeat 10-15 times.

Back Stretch: Seated Twist



Start by sitting in a relaxed position:

- Grab an armrest on your chair with both hands.
- Cross the leg nearest the armrest you are holding over your other leg.
- Use one arm to press against the cross leg to help you get the turn in your back.
- Hold the stretch 15-30 seconds, should feel the stretch in middle of your back.
- Relax return to the start position and repeat for the other side.

Back Stretch: Side Bend



Start by standing supporting yourself with either a chair or desk:

- Hold either the top of the back of your chair or your desk.
- Keeping your legs as straight as possible, bend your upper body towards the desk or chair.
- Hold the stretch 15-30 seconds, should feel the stretch in middle/lower part of your back.
- Relax return to the start position and repeat for the other side.

Shoulder Stretch: Deltoid Stretch



Start by standing or sitting facing straight forward:

- Standing as upright as possible, take one arm and place it across your chest.
- Use your other arm to pull that arm further across your body and stretch your shoulder.
- Hold the stretch 15-30 seconds.
- Relax return to the start position and repeat for the other side.

Shoulder Exercise: Trap Squeeze



Start by standing or sitting facing straight forward:

- With thumbs facing up, keeping elbows by your side, move your hand out away from your body.
- Use your back and shoulder muscles to allow this to happen, really squeeze your back.
- Once hands are all the way out to the side, relax them back to the middle. Repeat 10 times.

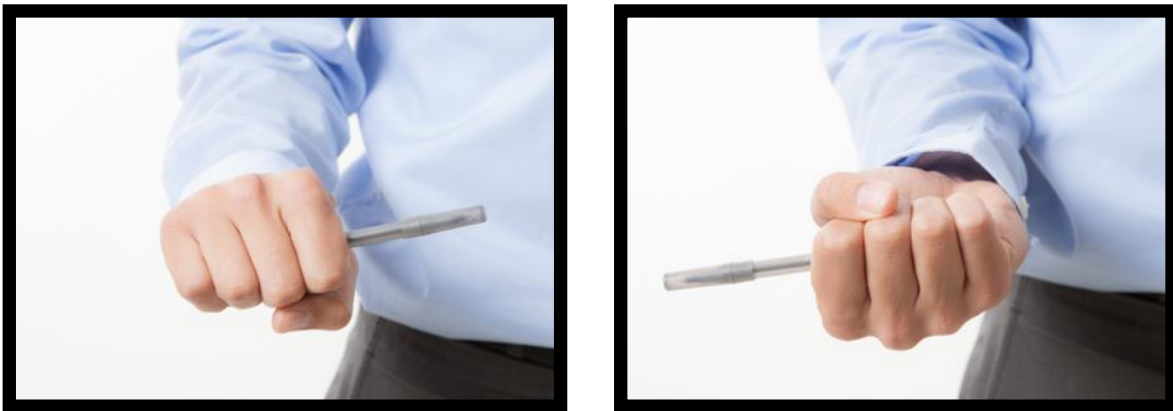
Wrist Stretch: Flexion and Extension



Start by putting your hand flat facing down away from you:

- Using your other hand put your hand straight up and hold. This is the extension stretch.
- After 15-30 seconds of holding, use the other hand to stretch the hand down (the flexion stretch).
- Repeat using the other hand.

Forearm Exercise: Pronation/Supination



Start by holding a pen in one hand with your palm facing down:

- Now leaving your arm in place, turn your hand around until your palm is facing up.
- The pen should now be facing the opposite direction.
- Repeat back and forth 10 times, exercising your forearm in both directions.
- Repeat for the other hand.

Hip Exercise: Good Mornings



Start by standing tall and placing your hands on the back of your neck:

- Very importantly keep your elbows as far back as possible to be sure you do not round your back.
- Keeping your legs straight bend forward at the waist and keep your head up.
- Goes as far down as you can keep your head up and legs relatively straight.
- Once you are at the bottom, return to the top and repeat 10 times.

Hip Exercise: Seated Hip Stretch



Start by sitting in your chair facing forward:

- Place your elbows on the inside of your thighs, and please try and keep a neutral spin, do not let your shoulders roll forward.
- Once your elbows are in position push your knees out to the side.
- Hold this position for 15-30 seconds.

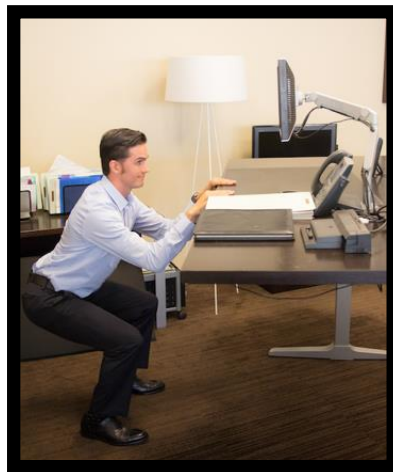
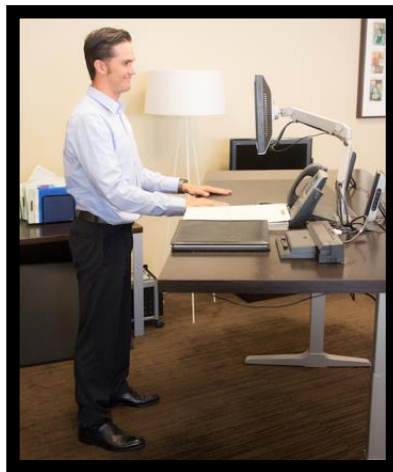
Knee Stretch: Standing Knee Bend



Start by standing supporting yourself with either a chair or desk:

- Once you have supported yourself, pull up your leg with the other hand.
- Pull as tight as you can to stretch your quad.
- Hold this position for 15-30 seconds.
- Repeat for the other leg.

Leg Exercise: Supported Squat



Start by standing supporting yourself with either a chair or desk:

- Keeping your upper body as upright as possible, lower yourself into a squat.
- Once you go as low as you can, stand back up. Repeat 10 times.