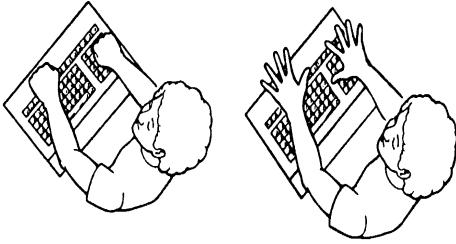


OFFICE WORKSTATION STRETCHING EXERCISES

HANDS & ARMS



Relieve static hand positions by opening and closing hands periodically.

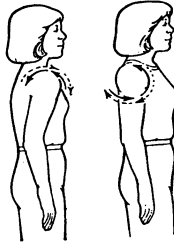


Put your palms together in front of your chest. Slowly lower your hands until you feel a mild stretch in your forearms.

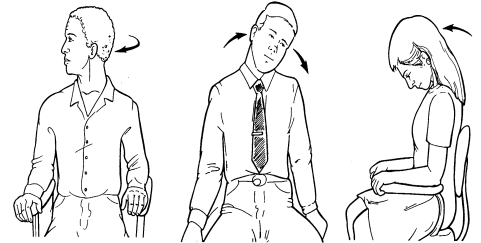


Stretch arms and upper back. Straighten arms in front of you with fingers interlaced and palms facing away from your body.

NECK & SHOULDERS



Roll your shoulders forward and backward with your arms at your sides.

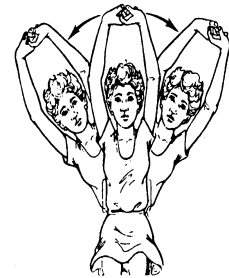


Turn your head slowly from side to side. Other neck stretches include tipping your head towards your shoulders and lowering your chin to your chest.

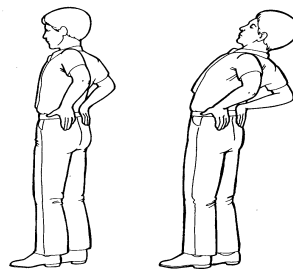
UPPER & LOWER BACK



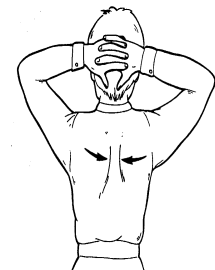
Pull your leg up to your chest slowly by grasping the shin. Hold it 5-10 seconds, then do the other leg.



Stretch the shoulders, arms and ribcage by reaching overhead as far as you can and hold for a few seconds. Then do simple side-bends to warm up muscles which may stiffen while sitting.



Stretch the lower back by placing your hands on your hips and bend backwards gently.



Stretch shoulders and upper back by interlacing fingers behind the head and pull your shoulder blades toward each other. This will help release tension or tightness in shoulders and upper back.