

# Computer & Desk Stretches

*Approximately 4 Minutes*

Sitting at a computer for long periods often causes neck and shoulder stiffness and occasionally lower back pain. Do these stretches every hour or so throughout the day, or whenever you feel stiff. Photocopy this and keep it in a drawer. Also, be sure to get up and walk around the office whenever you think of it. You'll feel better!



10-20 seconds  
2 times



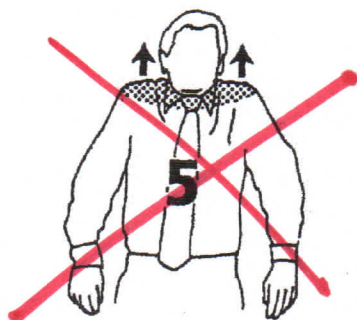
10-15 seconds



8-10 seconds  
each side



15-20 seconds



3-5 seconds  
3 times



10-12 seconds  
each arm



10 seconds



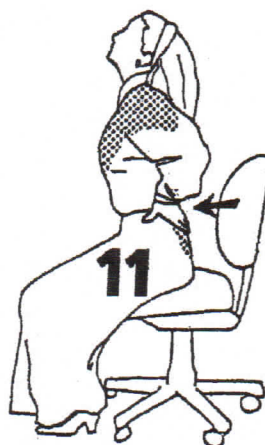
10 seconds



8-10 seconds  
each side



8-10 seconds  
each side



10-15 seconds  
2 times

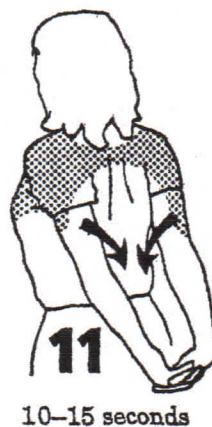
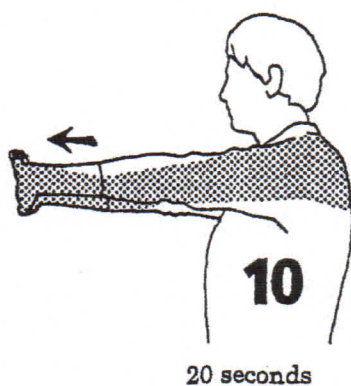
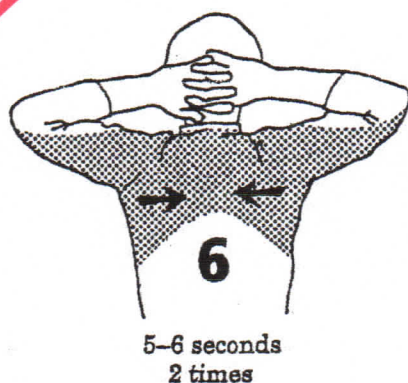
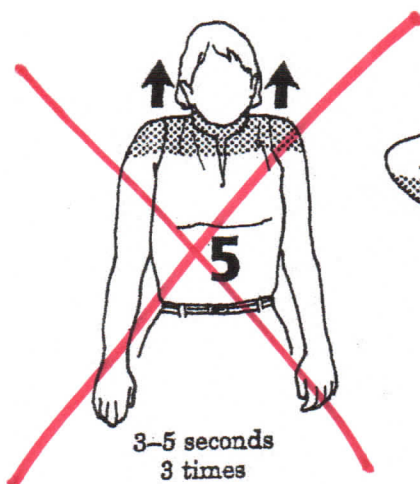
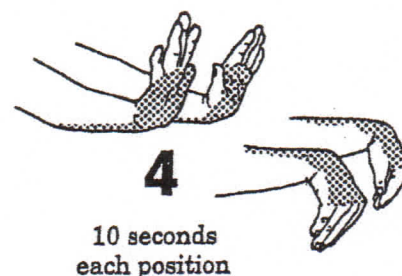
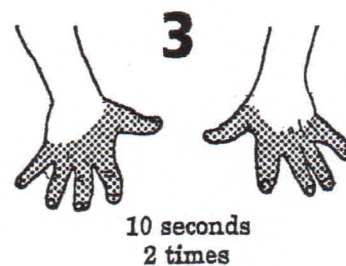
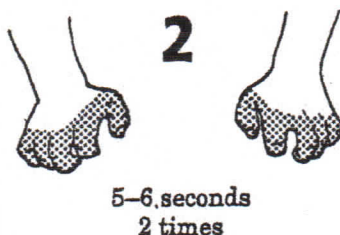
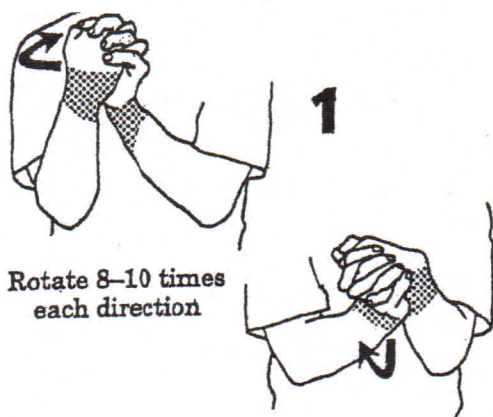


Shake out hands  
8-10 seconds

# Stretches for the Hands, Arms & Shoulders

Approximately 4 Minutes

This series of stretches works for repetitive stress problems in the hands and arms. Breathe naturally, stay comfortable, and be relaxed as you stretch.



# Everyday Stretches

Approximately 8 Minutes

Start with several minutes of walking. Then use these everyday stretches to fine-tune your muscles. This is a general routine that emphasizes stretching and relaxing the muscles most frequently used during normal day-to-day activities.

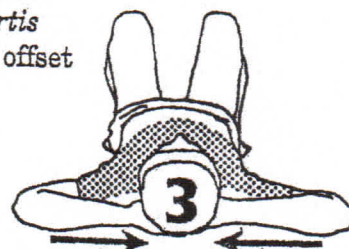
In the simple tasks of everyday living, we often use our body in strained or awkward ways, creating stress and tension. A kind of muscular *rigor mortis* sets in. If you can set aside 10 minutes every day for stretching, you will offset this accumulated tension so you can use your body with greater ease.



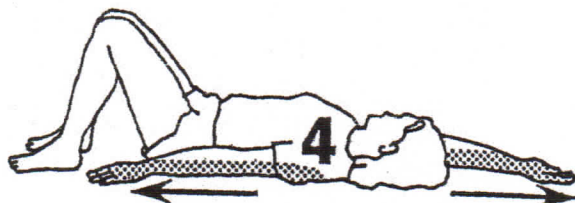
20 seconds



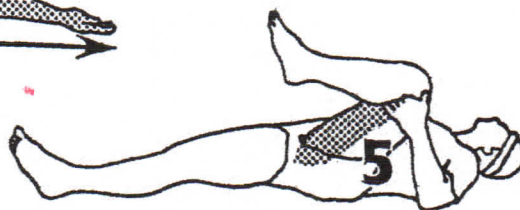
3-5 seconds  
2 times



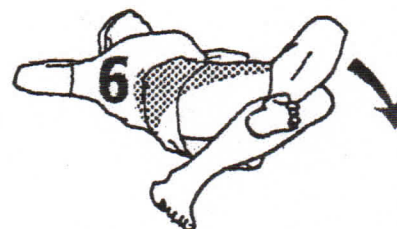
3-5 seconds  
2 times



8-10 seconds  
each side



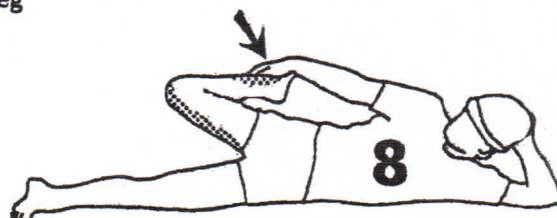
10-20 seconds  
each leg



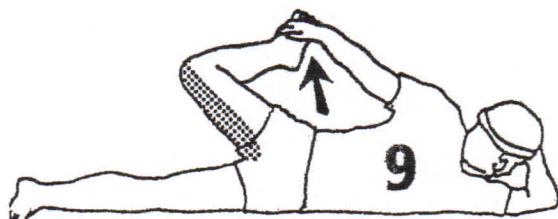
15 seconds  
each side



5-10 seconds  
2 times



10 seconds  
each leg



5-10 seconds  
each leg



10-20 seconds  
each leg



20-30 seconds



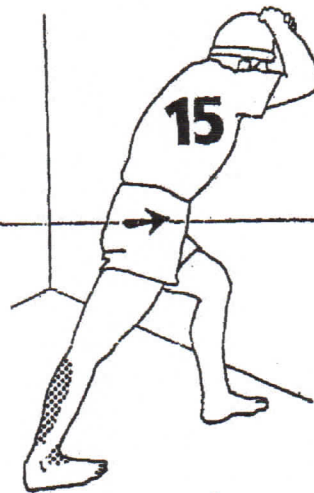
8-10 seconds  
each side



10 seconds  
Repeat stretch #11.



15-20 seconds  
each leg



20 seconds  
each leg



4-5 seconds  
2 times



10-12 seconds  
2 times



8-10 seconds  
each side



20-30 seconds



10 seconds  
2 times