

Exercises for the neck, upper body, hands, wrists and forearms

Health and Safety



Stretch for health!

Take a break! Stand up. Get away from your computer and stretch your body with both arms raised overhead.



Neck Relaxers

Breathe deeply and slowly tip your head from side to side. With your head upright, turn it to look over each shoulder. Next, drop your chin down to your chest, then raise it as far back as you can. Do each exercise slowly several times.



Shoulder Rolls

From a relaxed position, shrug your shoulders up toward your ears. Then roll them back, then down to the relaxed position. Repeat at least 3 times using a slow, deliberate motion.



Slow Back Bends

Place hands in the hollow of your back. Bend slowly backward over your hands without bending your knees. Straighten up without holding the backward bend. Repeat slowly and carefully several times.



Down Stretch

Clasp hands behind your back and try to touch your elbows. Hold for 5 seconds and release. Repeat same exercise in front of your body.



Chin Tucks

Keep your chin level and pull your head backward to form a double chin. Hold this position for a few seconds and then relax. Repeat several times.



Upper Back

Hold left elbow with right hand and gently push the arm toward your right shoulder. Hold the stretch for several seconds and relax. Repeat with other arm and do several repetitions.



Side/Back

Interlace fingers and lift arms high over your head. Keep elbows straight. Slowly lean to the left and right. Feel the stretching.



Ease Eye Strain

Blink often. Look away from your work and focus on distant objects. Keep monitor screen clean and adjust to avoid glare.

Prayer's Stretch

Press hands together in front of you with fingers pointed up. Lower hands toward your lap until you feel a stretch in your wrists. Hold for several seconds and repeat.

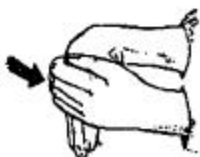


Finger Stretch

Make a tight fist with each hand and release, spreading the fingers as far apart as possible. Hold for 5 seconds and relax. Repeat several times.

Wrist Circles

Stretch out both arms and draw circles with your finger tips, rotating your hands at the wrists. Do several circles in each direction.



Wrist Curl

Drop your hand downward and press it gently back with the other hand. Hold for several seconds and relax. Do each hand 3 times.



Wrist Extension

Hold your hand in the up position and press it gently back with the other hand. Hold for several seconds and relax. Do each hand 3 times.



Thumb Stretch

Gently pull back and down on your thumb until you feel the stretch. Hold for several seconds and relax. Do each hand 3 times.

Caution: The exercises described in this publication may not be appropriate for everyone. Consult your doctor before starting any exercise program.