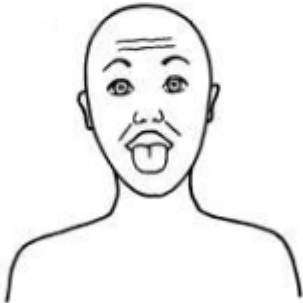
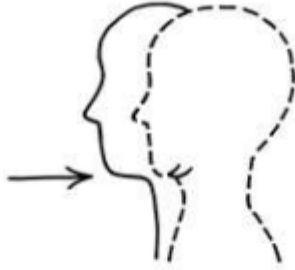
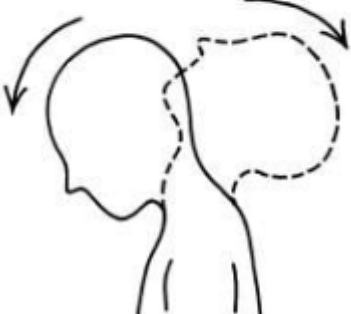
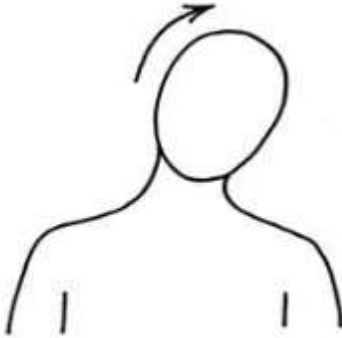
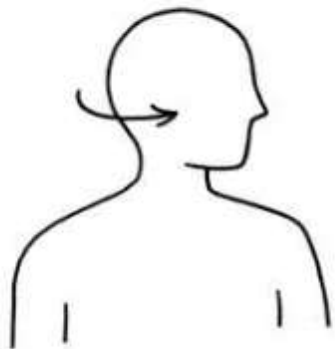


## WORKPLACE EXERCISES FOR COMPUTER USERS

### NECK AND FACE

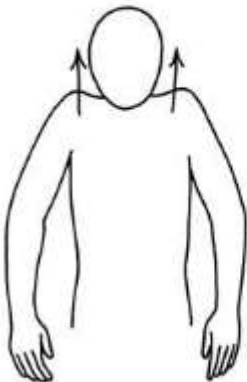


	<ul style="list-style-type: none"><li>• Raise the eyebrows and open your eyes as wide as possible.</li><li>• At the same time, open your mouth and stick your tongue out.</li><li>• Hold for 5 - 10 seconds.</li><li>• Repeat 3 - 5 times.</li></ul> <p>Caution: If you have clicking or popping noises when opening mouth, check with your dentist before doing this exercise.</p>
<ul style="list-style-type: none"><li>• Sit or stand upright.</li><li>• Slide your head straight back until it feels like you have a double chin.</li><li>• Hold for 5 - 10 seconds.</li><li>• Repeat 3 - 5 times.</li></ul>	
	<ul style="list-style-type: none"><li>• Sit or stand upright.</li><li>• Slowly drop your head forward, letting the weight of the head gently stretch your neck.</li><li>• Hold for 5 - 10 seconds.</li><li>• Return to neutral posture and relax.</li><li>• Slowly let your head fall backward.</li><li>• Slowly open and close your mouth.</li><li>• Hold for 5 - 10 seconds.</li><li>• Repeat 3 - 5 times.</li></ul>

## WORKPLACE EXERCISES FOR COMPUTER USERS

<ul style="list-style-type: none"><li>• Sit or stand upright.</li><li>• Slowly drop your head to the left, trying to touch your left ear to your left shoulder. <u>Do not</u> elevate your shoulder to your ear - keep your shoulder in a relaxed position.</li><li>• Hold for 5 - 10 seconds.</li><li>• Repeat 3 - 5 times.</li><li>• Repeat on the right side.</li></ul>	
	<ul style="list-style-type: none"><li>• Sit or stand upright.</li><li>• Slowly turn your head to the left until you feel a stretch.</li><li>• Hold for 5 - 10 seconds.</li><li>• Repeat 3 - 5 times.</li><li>• Repeat on the right side.</li></ul>

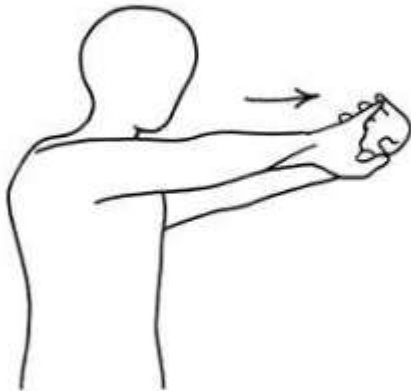
## WORKPLACE EXERCISES FOR COMPUTER USERS

### SHOULDERS AND ARMS

 A line drawing of a person from the back, showing the head, shoulders, and arms. Two upward-pointing arrows are positioned on the shoulders, indicating the direction of movement for a shrug exercise.	<ul style="list-style-type: none"><li>• Raise your shoulders towards your ears until you feel a slight tension in your neck and shoulders.</li><li>• Hold for 5 - 10 seconds.</li><li>• Slowly release your shoulders downward to their normal position.</li><li>• Repeat 3 - 5 times.</li></ul>
<ul style="list-style-type: none"><li>• Slowly roll your shoulders backward five times in a circular motion.</li><li>• Slowly roll your shoulders forward five times in a circular motion.</li></ul>	 A line drawing of a person's head and shoulders in profile. Two curved arrows are shown around the shoulder joint, one pointing backward and one pointing forward, indicating the circular motion for the exercise.
 A line drawing of a person from the side, showing the head, neck, and arms. The arms are raised and bent at the elbows, with the hands clasped behind the head. An upward-pointing arrow is located between the hands, indicating the direction of the stretch.	<ul style="list-style-type: none"><li>• Interlace fingers.</li><li>• Turn palm upwards above your head as you straighten your arms.</li><li>• Stretch and hold for 5 - 10 seconds.</li><li>• Repeat 3 - 5 times.</li></ul>

## WORKPLACE EXERCISES FOR COMPUTER USERS

- Fingers interlaced behind your back.
- Slowly turn your elbow outward while straightening your arms.
- Hold for 5 - 10 seconds.
- Repeat 3 - 5 times.



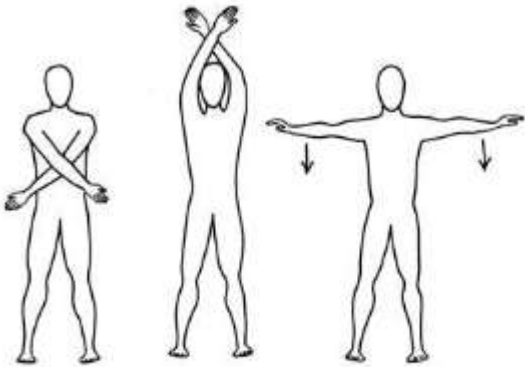


- Interlace fingers.
- With palms facing out, straighten arms out to the front of you.
- Hold for 5 - 10 seconds.
- Repeat 3 - 5 times.

- Interlace fingers behind head.
- Keep elbow straight out to side.
- Move shoulder blades toward each other.
- Hold for 5 - 10 seconds.
- Repeat 3 - 5 times.

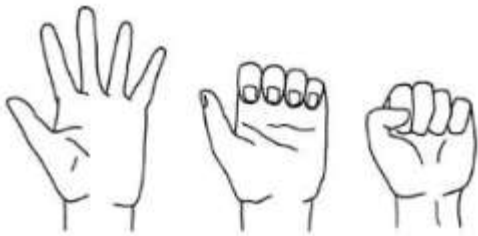




## WORKPLACE EXERCISES FOR COMPUTER USERS



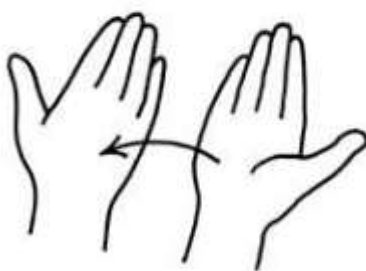
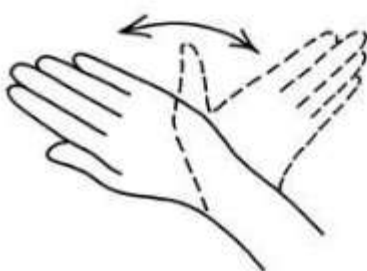
	<ul style="list-style-type: none"><li>• Hold left elbow with right hand.</li><li>• Gently pull elbow behind head until you feel a stretch.</li><li>• Hold for 5 - 10 seconds.</li><li>• Repeat 3 - 5 times.</li><li>• Repeat with other arm.</li></ul>
<ul style="list-style-type: none"><li>• Gently pull your left elbow across your chest towards your right shoulder until you feel a stretch.</li><li>• Hold for 5 - 10 seconds.</li><li>• Repeat 3 - 5 times.</li><li>• Repeat with other arm.</li></ul>	
	<ul style="list-style-type: none"><li>• Cross your arms in front.</li><li>• As you take a slow, deep breathe in, raise your hands over your head and stretch backwards.</li><li>• As you slowly breathe out, lower your arms.</li><li>• Gradually enlarge the circles, as you repeat.</li><li>• Repeat 3 - 5 times.</li></ul>

## WORKPLACE EXERCISES FOR COMPUTER USERS

### WRISTS AND HANDS



	<ul style="list-style-type: none"><li>• Palms and fingers facing the ceiling.</li><li>• Separate and straighten your fingers.</li><li>• Hold for 5 - 10 seconds.</li><li>• Bend your fingers at the knuckles.</li><li>• Hold for 5 - 10 seconds.</li><li>• Make a fist.</li><li>• Hold for 5 - 10 seconds.</li><li>• Straighten your fingers.</li><li>• Repeat 3 - 5 times.</li></ul>
<ul style="list-style-type: none"><li>• Arm in the handshaking position.</li><li>• Close the hand such that the fingertips touch the palm of the hand.</li><li>• Make five large circles with your thumb, in both directions.</li><li>• Repeat with other thumb.</li></ul>	
	<ul style="list-style-type: none"><li>• Place your palms together, so that your elbows are bent and your wrists are at right angles.</li><li>• Keeping palms together push your left palm and fingers firmly against the right palm and fingers and bend the right wrist back.</li><li>• Repeat 3 - 5 times.</li><li>• Repeat on the other side</li></ul>

## WORKPLACE EXERCISES FOR COMPUTER USERS

<ul style="list-style-type: none"><li>• Grasp the left hand.</li><li>• Keeping the left elbow straight, slowly bend the left wrist downward until you feel a stretch.</li><li>• Hold for 5 - 10 seconds.</li><li>• Repeat 3 - 5 times.</li><li>• Repeat with right hand.</li></ul>	 A line drawing of a left hand being held by the fingers of the right hand. An arrow points downwards from the wrist, indicating the direction of the stretch.
 A line drawing of a left hand being held by the fingers of the right hand. An arrow points upwards from the wrist, indicating the direction of the stretch.	<ul style="list-style-type: none"><li>• Grasp the left hand.</li><li>• Keeping the left elbow straight, slowly bend the left wrist upward until you feel a stretch.</li><li>• Hold for 5 - 10 seconds.</li><li>• Repeat 3 - 5 times.</li><li>• Repeat with right hand.</li></ul>
<ul style="list-style-type: none"><li>• Arms in the handshaking position.</li><li>• Slowly rotate palms down until you feel a stretch.</li><li>• Hold for 5 - 10 seconds.</li><li>• Repeat 3 - 5 times.</li><li>• Rotate palms up until you feel a stretch.</li></ul>	 A line drawing of two hands held in front of the body, palms facing each other in a handshaking position. Arrows indicate the rotation of the palms.
 A line drawing of a left hand with the wrist being bent from side to side. Dashed lines and arrows show the range of motion.	<ul style="list-style-type: none"><li>• Slowly bend left wrist from side to side as far as possible.</li><li>• Hold for 5 - 10 seconds.</li><li>• Repeat 3 - 5 times.</li><li>• Repeat with the right wrist</li></ul>

## WORKPLACE EXERCISES FOR COMPUTER USERS

### BACK

	<ul style="list-style-type: none"><li>• Sit upright.</li><li>• Grasp the left knee.</li><li>• Lift left leg off the floor.</li><li>• Bend forward (curling the back), bringing the nose toward the knee.</li><li>• Repeat 3 - 5 times.</li><li>• Repeat with right leg.</li></ul>
<ul style="list-style-type: none"><li>• Stand with knees slightly bent, place palms on lower back, fingers pointing downward.</li><li>• Gently push your palms forward and bend your back backwards.</li><li>• Hold for 5 - 10 seconds</li><li>• Repeat 3 - 5 times.</li></ul> <p><b>Note: Use this stretch after sitting for extended periods</b></p>	



## WORKPLACE EXERCISES FOR COMPUTER USERS



- Sit or stand upright.
- Interlace fingers and lift arms overhead.
- Keeping the elbows straight, press arms as far back as you can.
- Slowly bend to the left side until you feel a stretch.
- Hold for 5 - 10 seconds.
- Slowly bend to the right side until you feel a stretch.
- Hold for 5 - 10 seconds.
- Repeat 3 - 5 times.

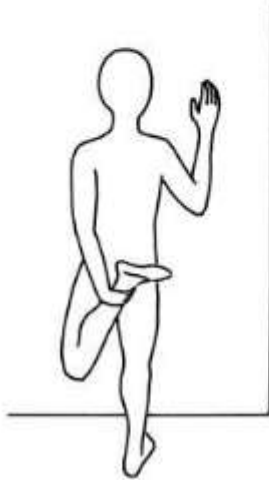
- Sit or stand upright.
- Slowly reach your arms overhead.
- Reach outward and upward until you feel a stretch.
- Hold for 5-10 seconds.
- Repeat 3-5 times.



- Sit with left leg across right leg.
- Rest elbow or forearm of right arm on the outside of the left upper thigh.
- Gently apply pressure with right elbow or forearm towards the right.
- As you apply pressure, look over your left shoulder.
- Hold for 5 - 10 seconds.
- Repeat 3 - 5 times.
- Repeat with the other side.

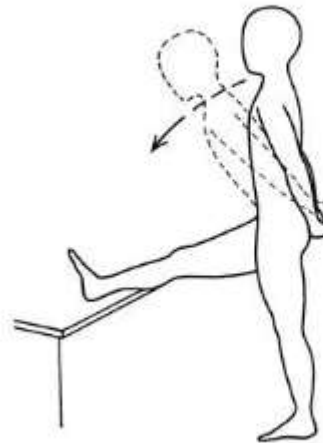
## WORKPLACE EXERCISES FOR COMPUTER USERS

### LEGS AND ANKLES



- Stand upright with right hand supported on a wall or the back of a stationary chair.
- Grab your left ankle with your left hand.
- Keep left knee pointed towards the ground.
- Slowly pull the left leg towards the buttock until you feel a stretch in the front of the thigh.
- Hold for 5 - 10 seconds.
- Repeat 3 - 5 times.
- Repeat with the other leg.

- Stand upright.
- Place left leg on an elevated stationary surface that is at a comfortable height (knee height or lower is recommended).
- Keep head up and lower back arched.
- Slowly lean forward until you feel a stretch in the back of the thigh.
- Hold for 5 - 10 seconds.
- Repeat 3 - 5 times.
- Repeat with the other leg.

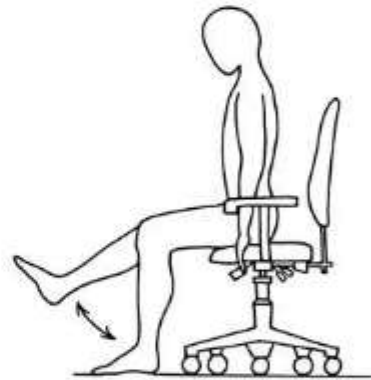


## WORKPLACE EXERCISES FOR COMPUTER USERS



- Stand arm's length from a wall or other support, feet facing forward.
- Place right foot forward and keep the left leg straight and the heel on the ground.
- Lean your body towards the wall until you feel a stretch in the left calf.
- Hold for 5 - 10 seconds.
- Repeat 3 - 5 times.
- Repeat with the other side.

- Sit slightly forward on the chair so your back is not touching the chair's back.
- Maintain your balance by holding onto the seat pan.
- Place feet flat on the floor.
- With leg straight, lift left foot 5 - 10 cm. off the floor.
- Hold for 5 - 10 seconds and return it to the floor.
- Repeat with other side.



- Sit upright.
- Hold left foot off the floor with left leg straight.
- Point toes up and downward.
- Repeat 3 - 5 times.
- Repeat with other side.