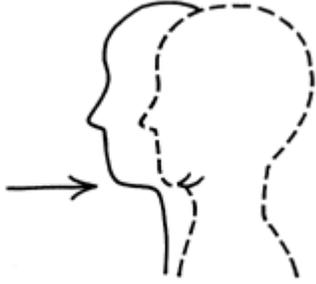
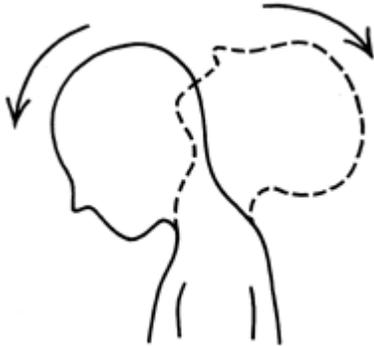


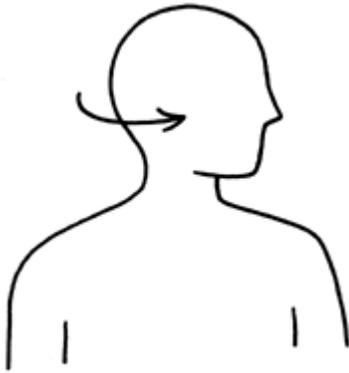
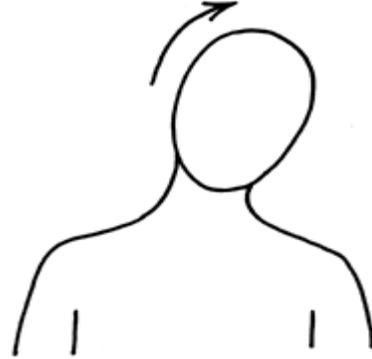
WORKPLACE EXERCISES FOR COMPUTER USERS

NECK AND FACE

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

WORKPLACE EXERCISES FOR COMPUTER USERS

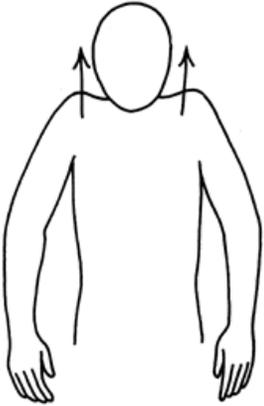
- Sit or stand upright.
- Slowly drop your head to the left, trying to touch your left ear to your left shoulder. Do not elevate your shoulder to your ear - keep your shoulder in a relaxed position.
- Hold for 5 - 10 seconds.
- Repeat 3 - 5 times.
- Repeat on the right side.



- Sit or stand upright.
- Slowly turn your head to the left until you feel a stretch.
- Hold for 5 - 10 seconds.
- Repeat 3 - 5 times.
- Repeat on the right side.

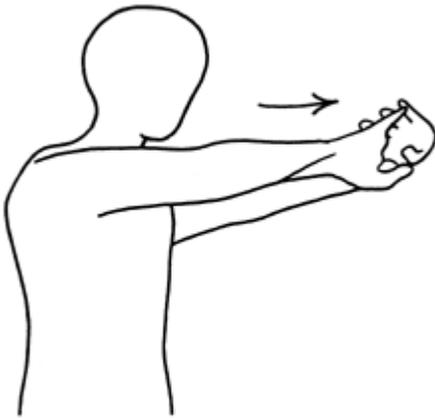
WORKPLACE EXERCISES FOR COMPUTER USERS

SHOULDERS AND ARMS

	<ul style="list-style-type: none">• Raise your shoulders towards your ears until you feel a slight tension in your neck and shoulders.• Hold for 5 - 10 seconds.• Slowly release your shoulders downward to their normal position.• Repeat 3 - 5 times.
<ul style="list-style-type: none">• Slowly roll your shoulders backward five times in a circular motion.• Slowly roll your shoulders forward five times in a circular motion.	
	<ul style="list-style-type: none">• Interlace fingers.• Turn palm upwards above your head as you straighten your arms.• Stretch and hold for 5 - 10 seconds.• Repeat 3 - 5 times.

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.

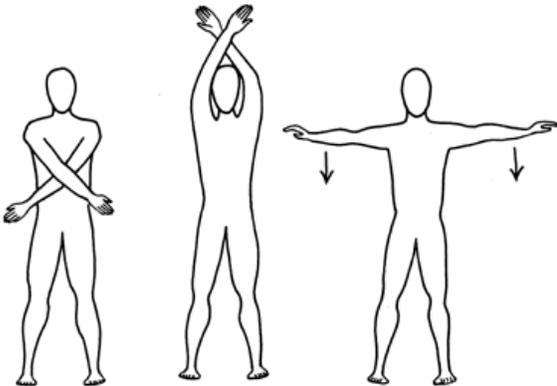


- Interlace fingers.
- With palms facing out, straighten arms out to the front of you.
- Hold for 5 - 10 seconds.
- Repeat 3 - 5 times.

- 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.

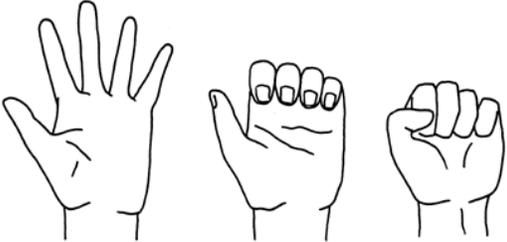


WORKPLACE EXERCISES FOR COMPUTER USERS

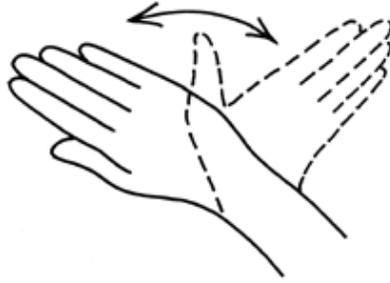
	<ul style="list-style-type: none">• Hold left elbow with right hand.• Gently pull elbow behind head until you feel a stretch.• Hold for 5 - 10 seconds.• Repeat 3 - 5 times.• Repeat with other arm.
<ul style="list-style-type: none">• Gently pull your left elbow across your chest towards your right shoulder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

WORKPLACE EXERCISES FOR COMPUTER USERS

WRISTS AND HANDS

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

WORKPLACE EXERCISES FOR COMPUTER USERS

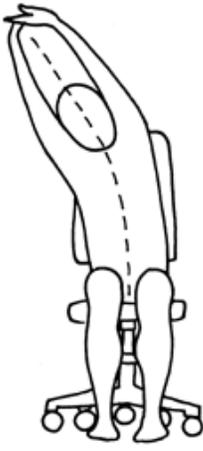
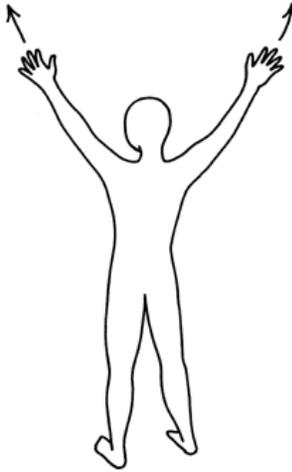
<ul style="list-style-type: none">• Grasp the left hand.• Keeping the left elbow straight, slowly bend the left wrist downward until you feel a stretch.• Hold for 5 - 10 seconds.• Repeat 3 - 5 times.• Repeat with right hand.	
	<ul style="list-style-type: none">• Grasp the left hand.• Keeping the left elbow straight, slowly bend the left wrist upward until you feel a stretch.• Hold for 5 - 10 seconds.• Repeat 3 - 5 times.• Repeat with right hand.
<ul style="list-style-type: none">• Arms in the handshaking position.• Slowly rotate palms down until you feel a stretch.• Hold for 5 - 10 seconds.• Repeat 3 - 5 times.• Rotate palms up until you feel a stretch.	
	<ul style="list-style-type: none">• Slowly bend left wrist from side to side as far as possible.• Hold for 5 - 10 seconds.• Repeat 3 - 5 times.• Repeat with the right wrist

WORKPLACE EXERCISES FOR COMPUTER USERS

BACK

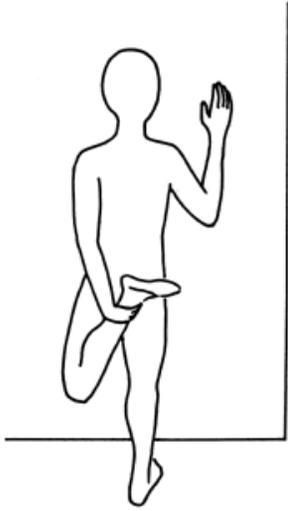
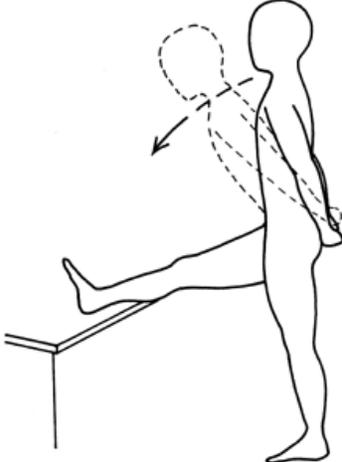
	<ul style="list-style-type: none">• Sit upright.• Grasp the left knee.• Lift left leg off the floor.• Bend forward (curling the back), bringing the nose toward the knee.• Repeat 3 - 5 times.• Repeat with right leg.
<ul style="list-style-type: none">• Stand with knees slightly bent, place palms on lower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

WORKPLACE EXERCISES FOR COMPUTER USERS

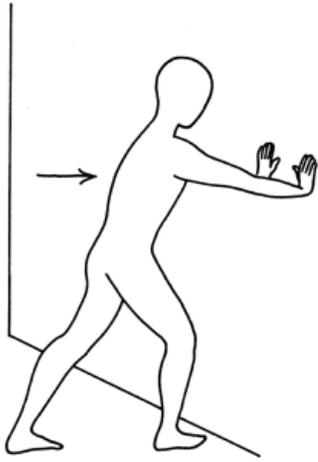
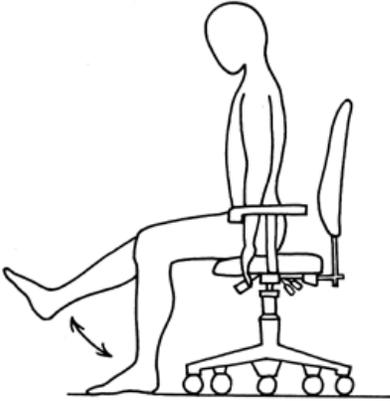
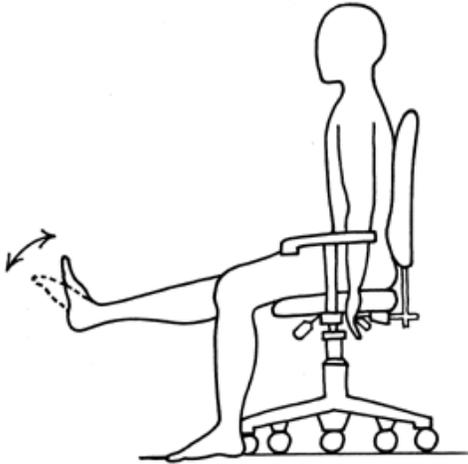
	<ul style="list-style-type: none">• Sit or stand upright.• Interlace fingers and lift arms overhead.• Keeping the elbows straight, press arms as far back as you can.• Slowly bend to the left side until you feel a stretch.• Hold for 5 - 10 seconds.• Slowly bend to the right side until you feel a stretch.• Hold for 5 - 10 seconds.• Repeat 3 - 5 times.
<ul style="list-style-type: none">• 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.	
	<ul style="list-style-type: none">• 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

	<ul style="list-style-type: none">• 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.
<ul style="list-style-type: none">• 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

	<ul style="list-style-type: none">• 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.
<ul style="list-style-type: none">• 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.	
	<ul style="list-style-type: none">• 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.