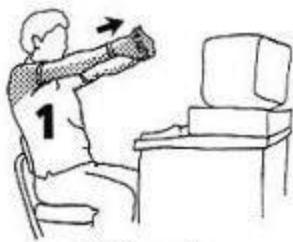


Computer & Desk Stretches

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

Stretching ©2000 by Bob and Jean Anderson. Shelter Publications, Inc.

THIS IS A GUIDE ONLY

If you feel: Pain-Discomfort-Numbness-Tenderness-Tingling-Clumsiness-Loss of Strength & Flexibility
STOP EXERCISING AND CONTACT A HEALTH PROFESSIONAL