

Desk, Computer, & Workbench Exercises

1. Shoulder Roll

A good warm-up relaxes the shoulder and neck muscles. Make circles with the shoulders, roll them to the positions of up, forward, down and back. Now reverse the direction and roll the shoulders to the position of up, forward, down and back. Make sure your shoulder blades are moving as you do this exercise. Make five to ten circles in each direction.



2. Neck And Shoulder Stretch

Very gently let the head fall forward and then turn it toward one side into a comfortable stretch. Make sure that you keep the shoulder down on the side where you feel the stretch. Hold this position for ten to twenty seconds. Repeat to the other side. It may help if you inhale at the start of the exercise and then exhale as you let your head fall forward and to the side. This exercise reduces tension in the muscles of the neck, shoulders and upper back.



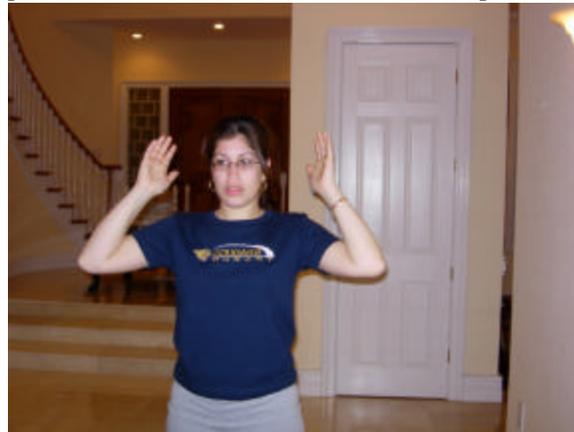
3. Hand Stretch

This exercise is for warm-up and stretching of the hands. Keep the wrist in a straight or neutral position during this exercise. First, close the hand to make a fist, then open the hands and stretch them as far apart as possible. Hold this position for ten to fifteen seconds. Do five to ten repetitions with each hand.



4. Chest And Shoulder Stretch

Start by raising both arms so that the hands are next to the ears and the elbows are bent. Now breathe in through your nose and as you exhale, lower your elbows down and back. You should be aiming your elbows at your back pockets and should feel your shoulder blades slide down and together. Hold this position for a few seconds and then relax. Repeat.



Desk, Computer, & Workbench Exercises

5. Hands Up

This exercise stretches the arms and the rib cage. Interlace your fingers and then turn your palms upward above your head and press your hands up and straighten your arms. Hold for ten to fifteen seconds. Do not strain and keep your head up straight, as you do the stretch. Do two or three repetitions.



6. Hands Out Front

This stretches the arms and pulls the shoulder blades forward. Interlace your fingers and with your palms facing out, press your hands forward. Tilt the head forward a little while doing this stretch. Hold for fifteen to twenty seconds. Do two or three repetitions.



7. Pelvic Tilt

This exercise strengthens your stomach and improves your posture. Place your hand on your stomach and dig your fingers in a little towards your abdominal muscles. Now tilt your hips so that you are pressing your lower back toward the seat. Hold it for a bout five seconds and then relax. You should be able to feel your stomach muscles tighten up during this "pelvic tilt." You can also try this exercise while you are standing up-particularly with you back against the wall, or while lying down on the floor or bed.



8. Stress Reduction

The following technique of breathing with your diaphragm will help reduce muscle tension and stress. Place one hand on your stomach, breath in through your nose, expanding your stomach as the air enters. Now blow the air out through your mouth. Try that again. Breath in through your nose and cause the air to go where it can make your hand rise as your stomach expands. Open your lips a little and exhale. Try to do five to ten repetitions of this, slowly.

