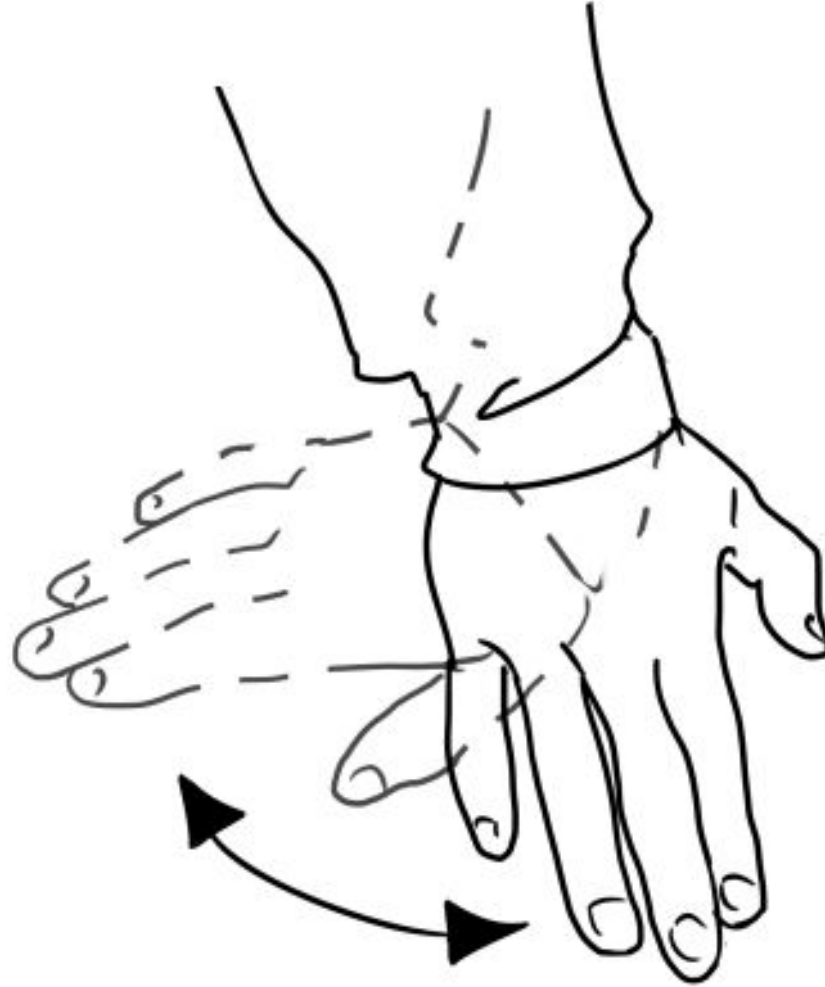
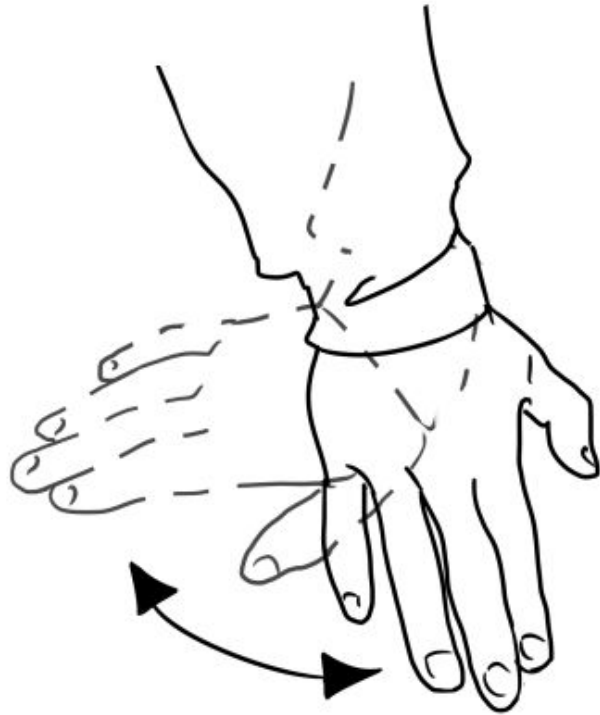


# Ergonomic Exercises At Your Desk

# Wrist Tilt Exercise



# Wrist Tilt



1

Begin with arm fully extended and palm facing downwards

2

Gently tilt wrist to the right

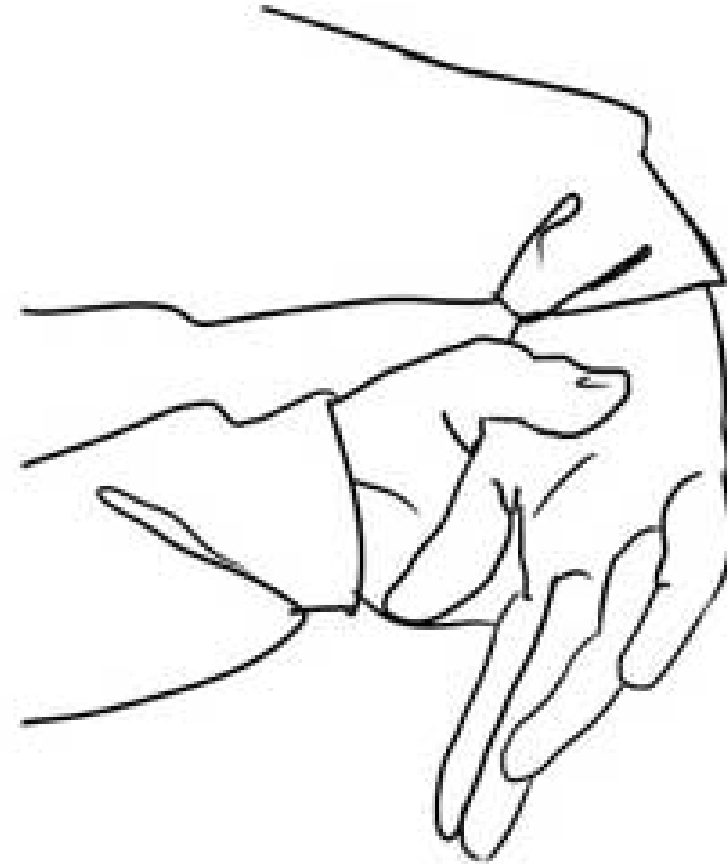
3

Hold for three to five seconds

4

Move wrist to the left and hold for another three to five seconds

# Wrist Flexion Exercise



# Wrist Flexion Exercise / Stretch



1

Hold arm outward with palm facing down

2

Catch the fingers of the extended hand with your opposite hand

3

Gently pull your fingers upwards

4

Hold for 5 seconds, then release

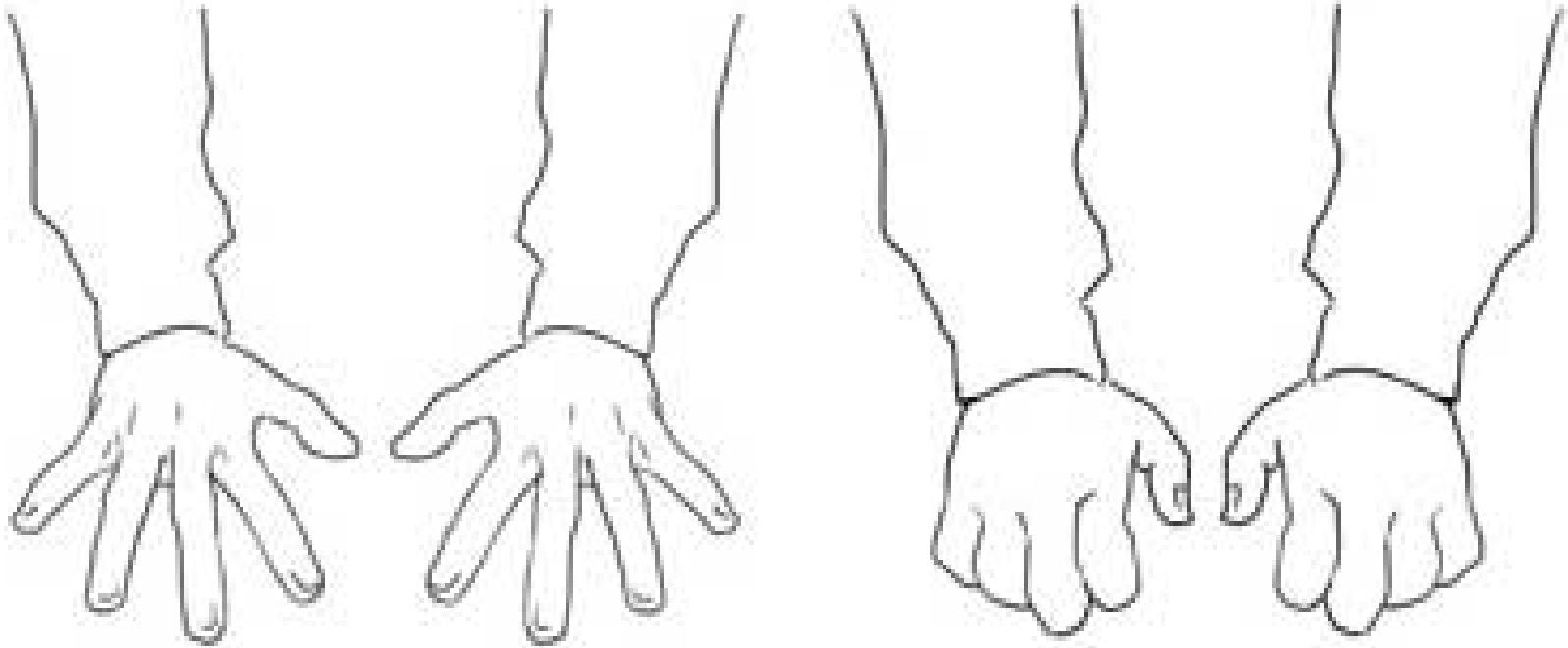
5

Gently pull your fingers downwards

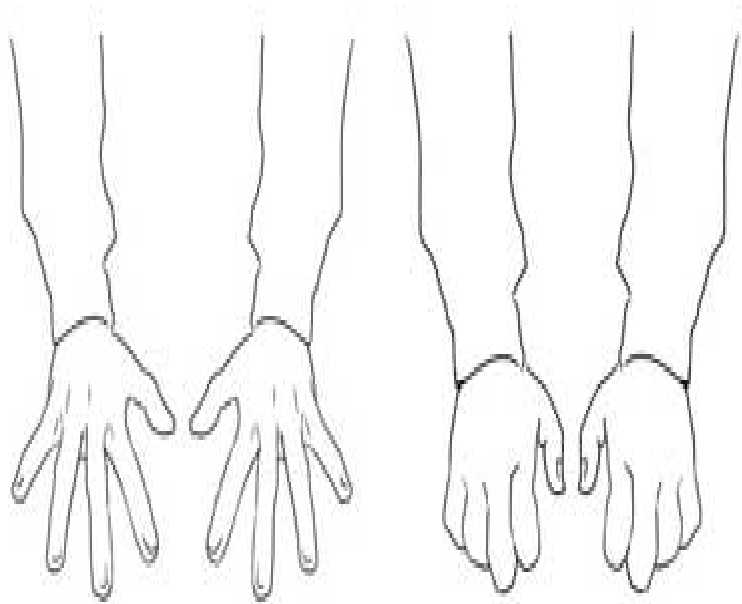
6

Hold for 5 seconds, then repeat on the other hand

# Extended Finger Stretch



# Extended Finger Stretch



1

Begin with both hands extended and palms facing downward

2

Extend all fingers outward

3

Hold for 10 seconds, then slowly release

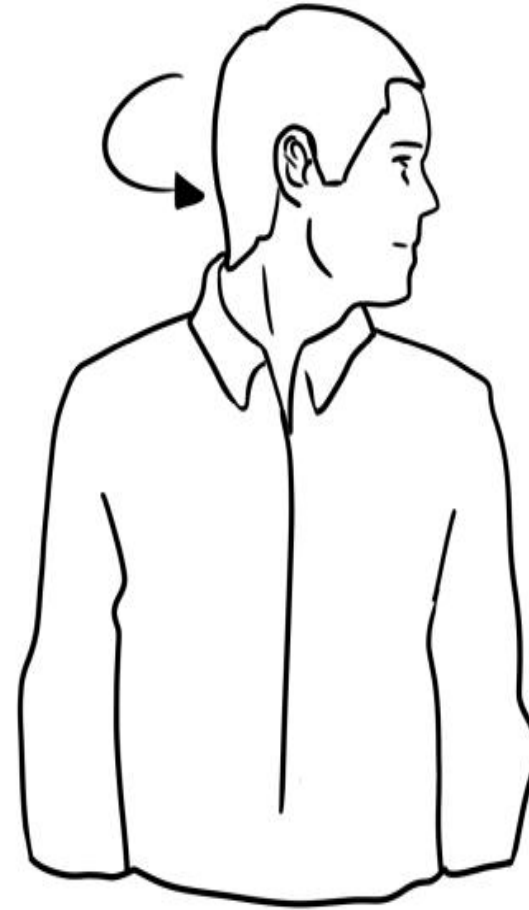
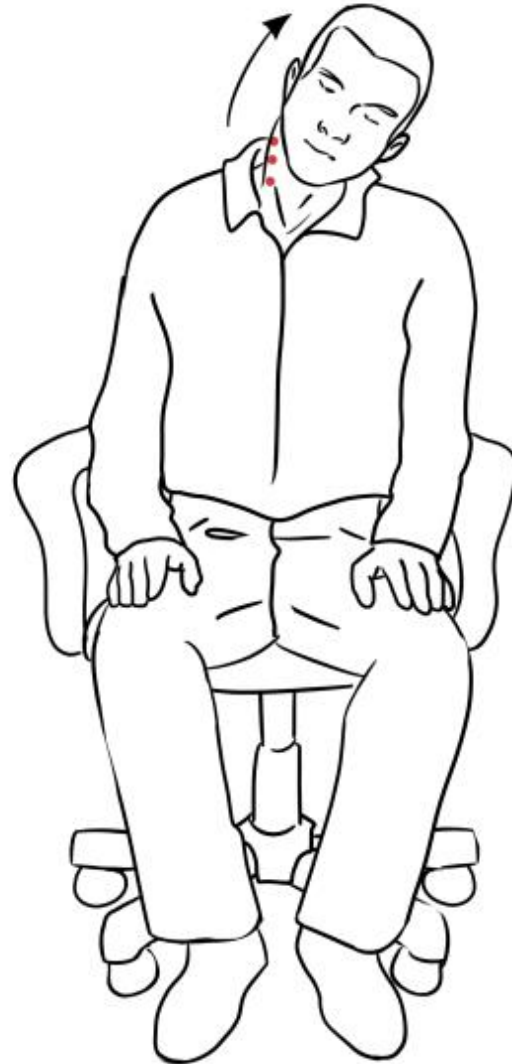
4

Bend all fingers at the knuckles

5

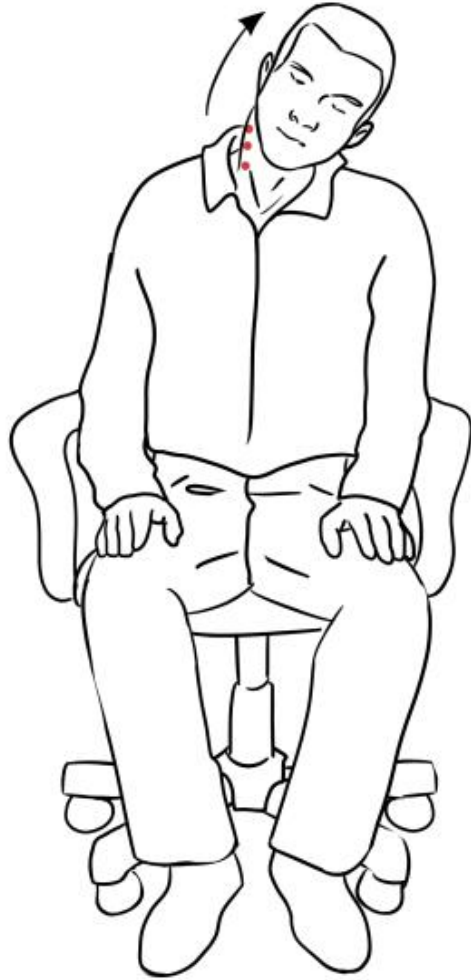
Hold for 10 seconds, then slowly release

# Neck/Upper Back Stretches





# Neck Stretch



1

Begin by sitting at the edge of your chair

2

Hold arm outward with palm facing down

3

Drop your head slowly to the right

4

Hold the stretch for 5 seconds

5

Return to the starting position

6

Drop your head down so that your chin touches your chest

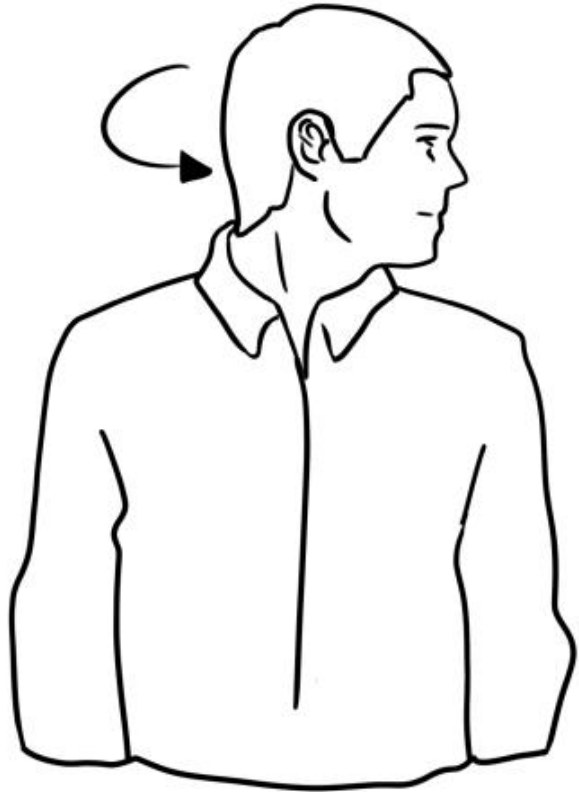
7

Gently rock your head to the left and roll to the right

8

Return to the starting position

# Neck Rotation/Head Turns



1

Begin with your head facing forward

2

Slowly turn your head to the right to look over the right shoulder

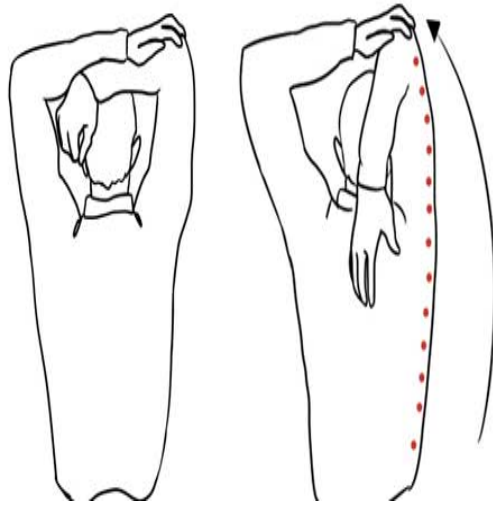
3

Hold for 10 seconds

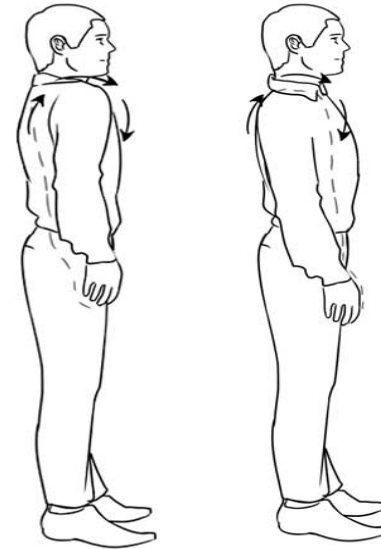
4

Repeat on the opposite side

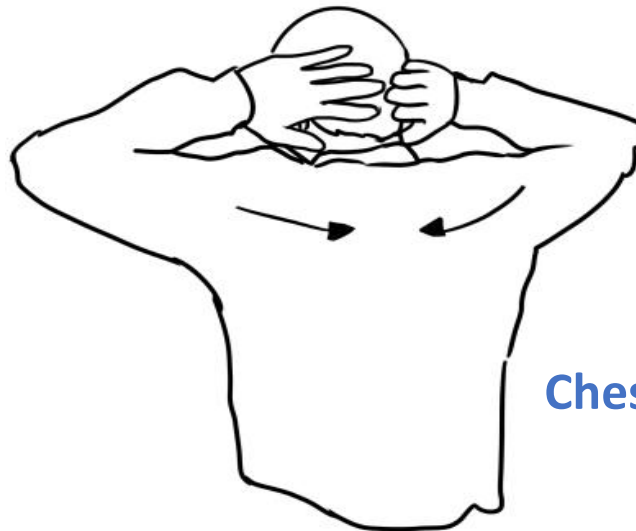
# Shoulder/Chest Stretches



**Overhead Shoulder Stretch**

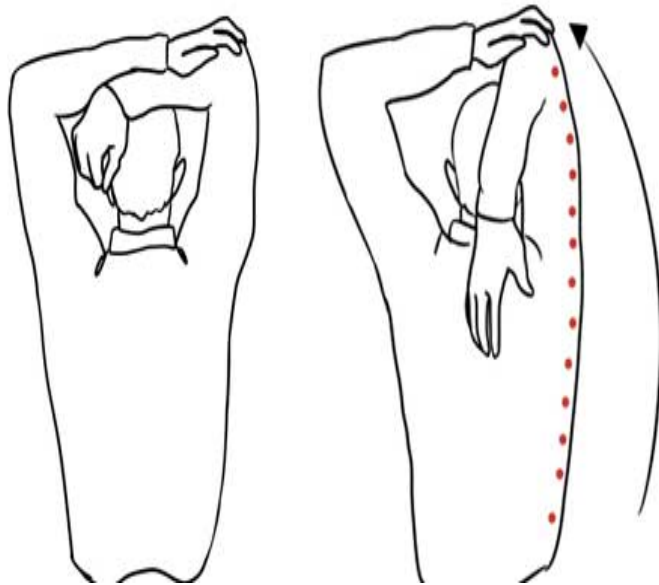


**Shoulder Rolls**



**Chest Stretch/Shoulder Blade Squeeze**

# Overhead Shoulder Stretch



1

Begin with your body facing forward

2

Raise one arm directly overhead and bend it at the elbow

3

Catch the elbow with your opposite hand

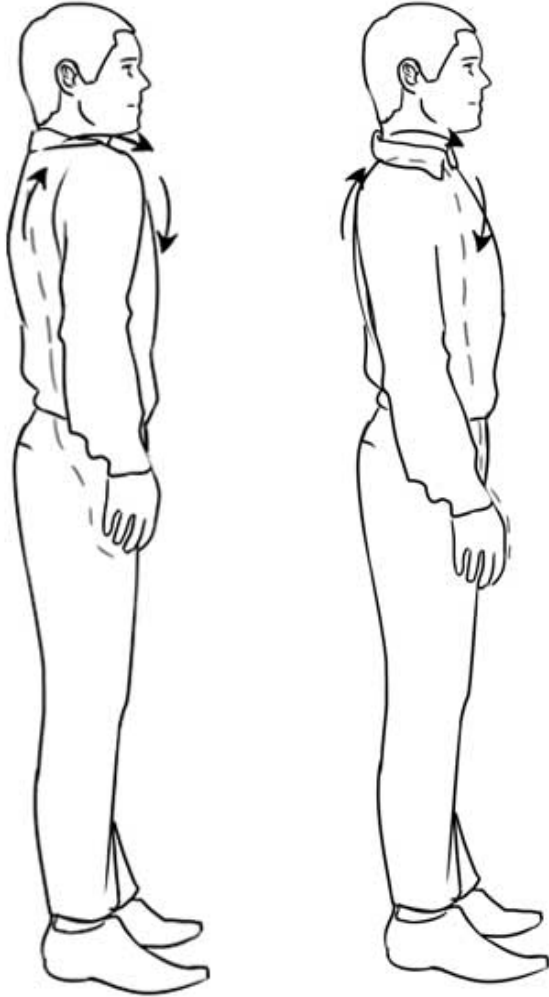
4

Pull the upright arm towards the opposite side and hold for 10 seconds

5

Repeat on the other side

# Shoulder Roll



1

Begin by standing tall and facing forward

2

Slowly roll your shoulders backwards in a circular motion five times

3

Slowly roll your shoulders forward in a circular motion five times

4

Return to the starting position and relax the shoulders back down

# Chest Stretch/Shoulder Blade Squeeze



- 1 Begin by standing upright with your hands at your sides
- 2 Gently place your hands behind your head and interlock your fingers
- 3 Squeeze your shoulder blades together
- 4 Hold the stretch for 5-10 seconds
- 5 Back Exercises and Stretches

# Low Back Stretches

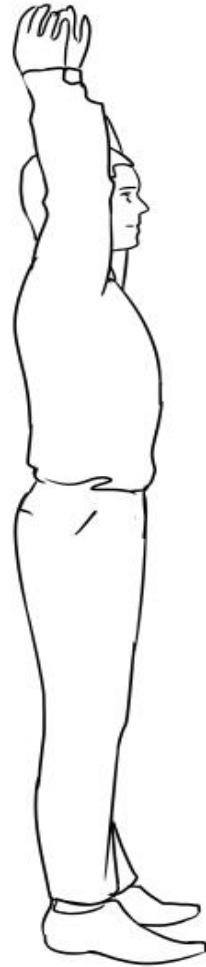


**Standing Low Back Stretch**



**Seated Low Back Curl/Stretch**

# Standing Low Back Stretch



1

Begin by standing tall and facing forward

2

Reach towards the ceiling until you feel a light stretch along your sides

3

Hold the stretch for 10 seconds

4

Reach higher until you feel an intense stretch along your sides

5

Hold the stretch for 10 seconds, then relax



# Standing Low Back Stretch



1

Begin by standing upright with your hands by your side

2

Place both hands on your lower back, with your fingers pointed toward the floor

3

Gently lean back into your hands while keeping your feet in place on the ground

4

Hold the stretch for 5-10 seconds, then release

5

Leg Exercises and Stretches

# Seated Low Back Curl/Stretch



1

Begin seated at the front of your chair with your feet planted firmly on the ground

2

Slowly lift one leg up and grasp your shin with both hands

3

Bend forward and reach your nose to your knee

4

Make sure to bend through your upper back!

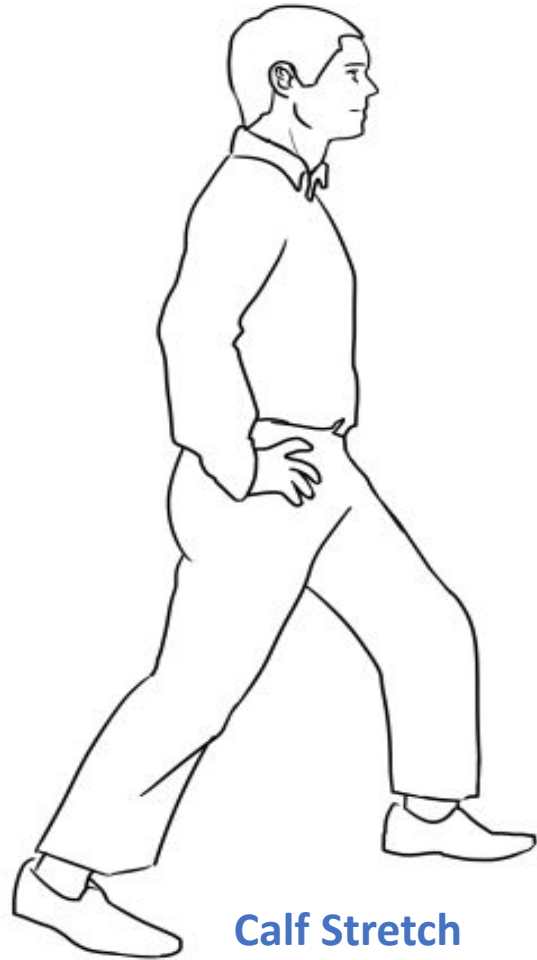
5

Relax back to the starting position

6

Repeat on the other side

# Lower Extremity Exercise/Stretches



**Calf Stretch**

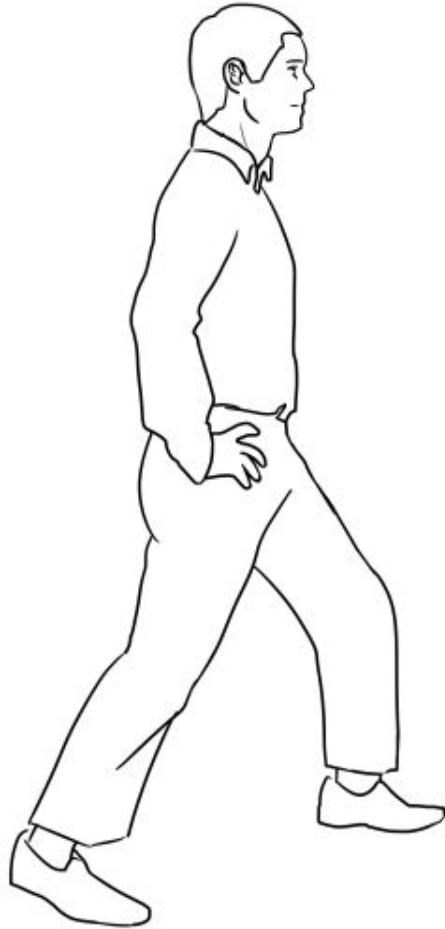


**Seated Left Lift /  
Hamstring Stretch**



**Seated Hip Stretch**

# Calf Stretch



- 1 Begin by standing tall and facing forward
- 2 Place one foot a large step behind the other
- 3 Slowly push into the front foot while keeping the other planted firmly on the ground
- 4 Allow the front knee to bend
- 5 Hold the stretch in the back leg for 10 seconds, then relax
- 6 Bring both feet back to your midline, then switch feet
- 7 Repeat the stretch on the other side for another 10 seconds, then relax

# Seated Leg Lift/Hamstring Stretch



1

Begin by sitting at the edge of your chair

2

Keep both feet planted firmly on the floor and your knees bent at a ninety-degree angle

3

Keep a straight leg and lift one leg off of the floor

4

Feel a stretch along the back of your leg and hold for 10 seconds, then lower back down

5

Repeat on the other side

# Seated Hip Stretch



1

Begin by sitting on the edge of your chair with your feet firmly on the ground

2

Lift one leg and cross it over the other right above the knee

3

Grasp your bottom knee with your hand on the opposite side

4

Gently apply pressure to the bottom leg while looking over your shoulder

5

Feel the stretch along your lower back and hip and hold for 10 seconds

6

Lower your legs back to the starting position

7

Repeat on the other side