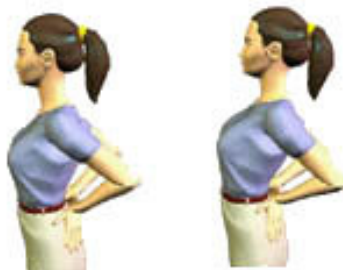


Office Stretches



- ◆ Raise arms up,
- ◆ Envision strings pulling your hands up and reach up as far as you can.



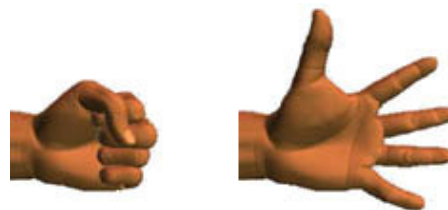
- ◆ While standing with your feet shoulder width apart,
- ◆ Place palms in small of back with fingers downward,
- ◆ Slowly lean back with chest upward.



- ◆ Put hands together and slowly push away from you,
- ◆ Gently push hands away and forward to feel the stretch between the shoulders.



- ◆ Relax arms at sides,
- ◆ Rotate both arms inward,
- ◆ Make loose fists,
- ◆ Curl fists outward.



- ◆ Make a fist
- ◆ Open and stretch fingers apart
- ◆ Hold, then repeat.



- ◆ Look straight ahead,
- ◆ Gently, bring head towards shoulder,
- ◆ Roll head forward and repeat on other side.



- ◆ Look straight ahead,
- ◆ Slowly turn head to right,
- ◆ Return to straight ahead,
- ◆ Slowly turn head to left,
- ◆ Repeat



- ◆ While standing with your feet shoulder width apart,
- ◆ Put hands together and slowly push away from you.
- ◆ Gently rotate arms back to feel the stretch between the shoulders.



- ◆ Hold forearm with other hand,
- ◆ With relaxed grip, make large slow circles with hand.

Remember:

- ◆ Move slowly. Don't bounce.
- ◆ Stretch to the point of light tension.
- ◆ Hold positions for 2-3 relaxing breaths.
- ◆ Repeat 5-8 times or whatever feels good.
- ◆ Take short pauses during work to stretch often.
- ◆ Discontinue any stretches which you experience discomfort, pain, dizziness, or nausea.
- ◆ Consult your health care provider if discomfort worsens or continues.

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