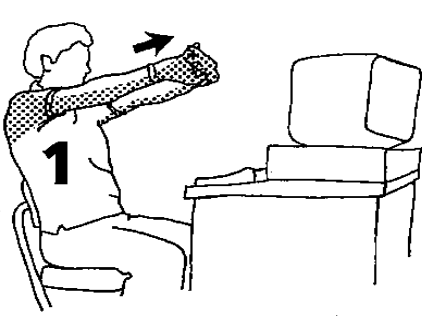


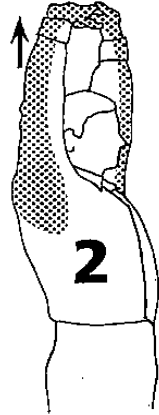
## COMPUTER & DESK STRETCHES

Approximately 4 Minutes

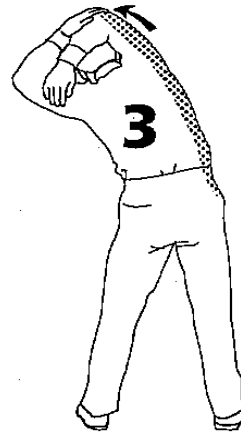
Sitting at a computer for long periods often causes neck and shoulder stiffness and occasionally lower back pain. Do these stretches every hour or so throughout the day, or whenever you feel stiff. Photocopy this and keep it in a drawer. Also, be sure to get up and walk around the office whenever you think of it. You'll feel better!



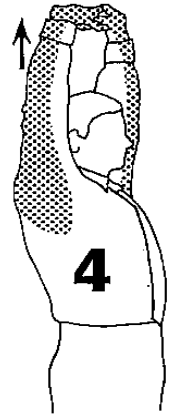
10–20 seconds  
2 times  
(page 90)



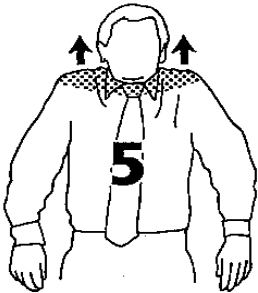
10–15 seconds  
(page 46)



8–10 seconds  
each side  
(page 44)



15–20 seconds  
(page 46)



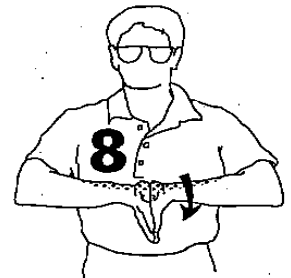
3–5 seconds  
3 times  
(page 46)



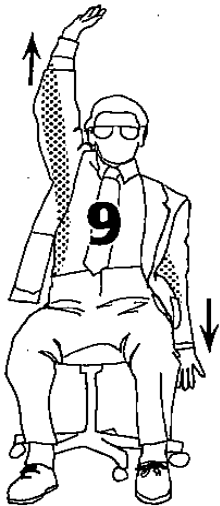
10–12 seconds  
each arm  
(page 47)



10 seconds  
(page 89)



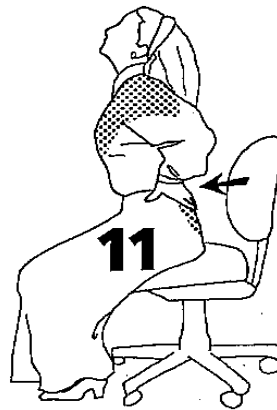
10 seconds  
(page 89)



8–10 seconds  
each side  
(page 83)



8–10 seconds  
each side  
(page 60)



10–15 seconds  
2 times  
(page 46)



Shake out hands  
8–10 seconds  
(page 89)

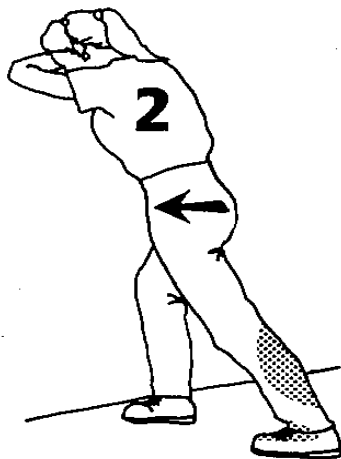
# BEFORE WORK STRETCHES

*Approximately 6 Minutes*

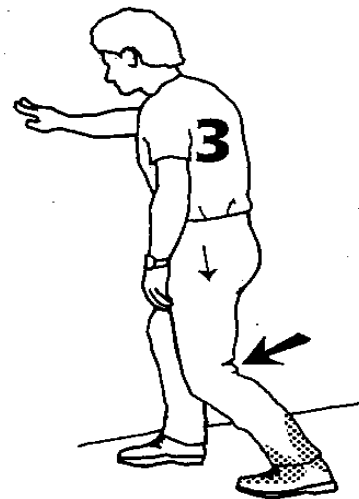
Before you do any physical work—especially lifting—do some stretches. Stretching gives your muscles a signal they are about to be used, and a few minutes of stretching before starting work will make you feel better and help avoid injuries.



10–20 times  
each foot  
(page 71)



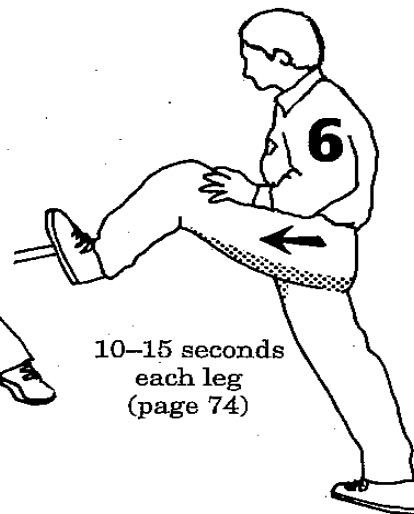
10–20 seconds  
each leg  
(page 71)



5–10 seconds  
each leg  
(page 71)



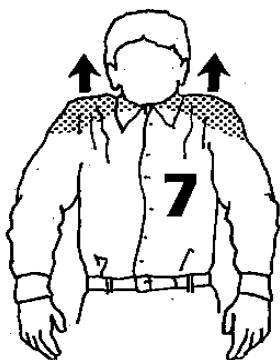
10–15 seconds  
each leg  
(page 73)



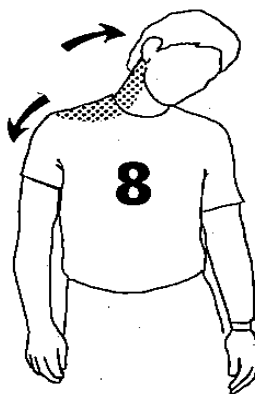
10–15 seconds  
each leg  
(page 74)



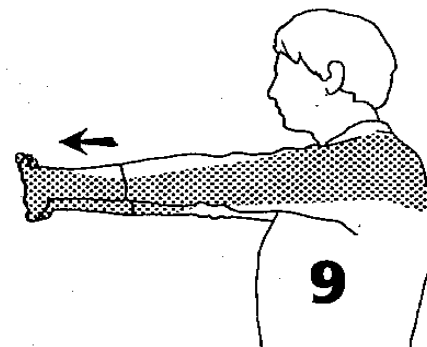
10 seconds  
each leg  
(page 75)



3–5 seconds  
2 times  
(page 46)



3–5 seconds  
each side  
(page 46)



20 seconds  
(page 45)