

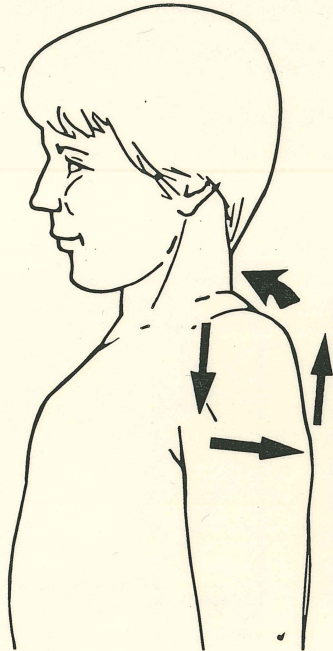
Desk, Computer, and Workbench "ERGO BREAK"

Working at a desk, workbench, or computer terminal can cause muscle tension and discomfort. Prolonged postures and everyday stress along with a lack of exercise can cause a real problem. By taking a few minutes to do some warmup, stretching and strengthening exercises, your back, neck, shoulders and arms will be healthier and your whole body will feel better.

Note: If you have had any recent health problems, injury, or surgery, or if any of these actions cause you any pain, consult a health professional before starting this program.

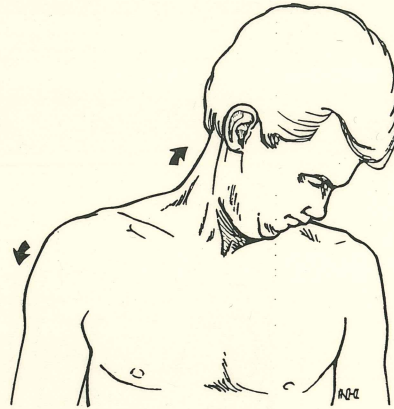
General rules for Exercise:

1. Do them slowly and smoothly (without bouncing), maintain control and don't strain.
2. Slow, deep breathing during the exercises will be helpful.
3. Learn to do them spontaneously throughout the day.
4. Exercise any particular area of the body that feels tense or uncomfortable.



Shoulder Roll

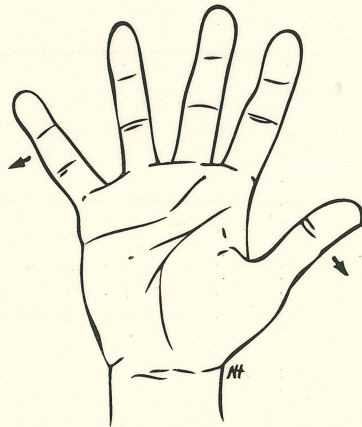
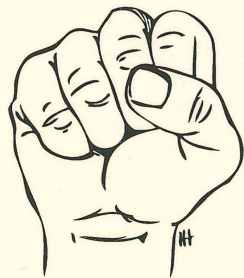
For a good warm-up to relax the shoulder and neck muscles, make circles with the shoulders. Roll them to the positions of up, forward, down, and back. Make sure your shoulder blades are moving as you do this exercise. Make five to ten circles in each direction.



Neck and Shoulder Stretch

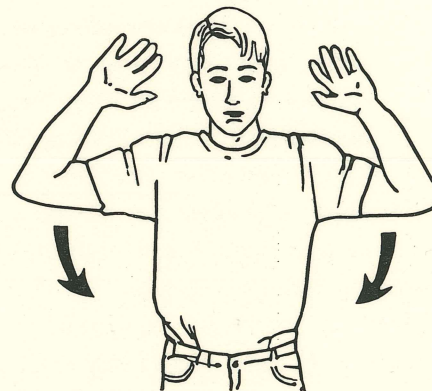
Very gently, let the head fall forward and turn it towards one side into a comfortable stretch. Make sure that you keep the shoulder down on the side where you feel the stretch. Hold this position for 10 - 15 seconds.

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.



Hand Stretches

For warmup 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, and then open the fingers and stretch them as far apart as possible. Hold this position for 10 - 15 seconds. Do five to ten repetitions with each hand.



Chest and Shoulder Stretch

Place hands in front of forehead with palms facing out. Take a deep breath in. As you exhale, lower your elbows down and back towards your back pockets, while turning your palms out to the side. Slide shoulder blades together and draw your head back. Hold this position for 10 - 15 seconds and then repeat.

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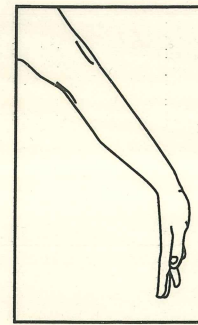


Hands Up

This exercise stretches the arms and the rib cage. Interlace your fingers and then turn your palms upward above your head. Press your hands up and straighten your arms. Hold for 10 - 15 seconds. Do not strain and keep your head up straight, as you do the stretch. Do two or three repetitions.



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2.



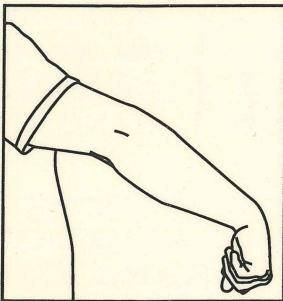
3.

Finger and Wrist Flexor Stretch

Straighten your elbow with palm up. Point your fingers towards the floor. Use your other hand to gently pull down on your palm and fingers. Hold for 10 - 15 seconds. You should feel a gentle stretch. If you experience discomfort, then perform the stretch again more gently or go back to the previous step.



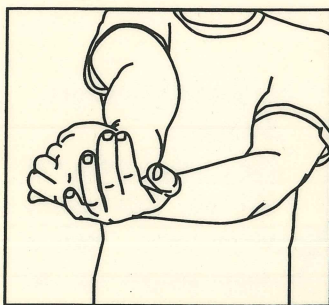
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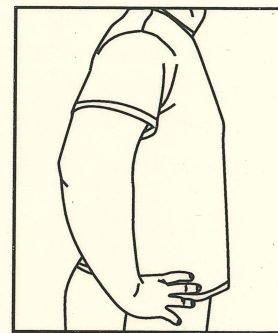


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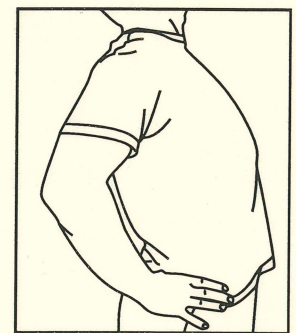
Finger and Wrist Extensor Stretch

Straighten your elbow with palm down. Bend your wrist down, and make a gentle fist. If you feel discomfort in the back of your hand, then relax your fingers. Gently pull down on the back of your hand. Rotate your arm

so that your hand is pointing away from your body and hold for 10 - 15 seconds. You should feel a gentle stretch. If you experience discomfort, then perform the stretch again more gently or go back to the previous step.



1.



2.

Lower Back Stretch

Place your hands on your hips. Gently lean back while looking up at the ceiling. Hold for 10 - 15 seconds. You should feel a gentle stretch. If you experience any discomfort, then perform the stretch more gently.

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