

# Workstation Stretches



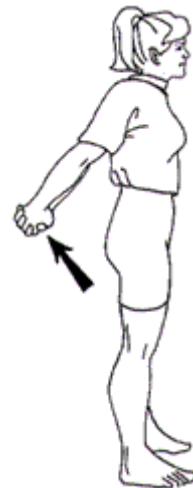
Side bend your ear toward your shoulder and hold 10 seconds. Repeat in the opposite direction.



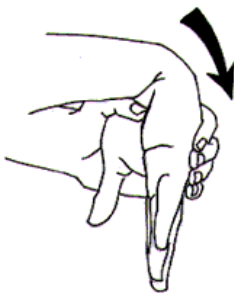
Put your hands behind your neck then sit up as straight as you can moving the tips of your elbows back behind you and gently pinch your shoulder blades together. Hold 5 seconds and repeat 2 more times.



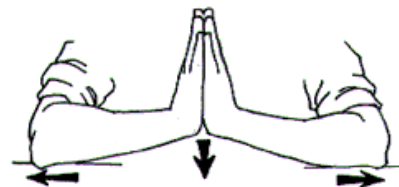
Elevate your shoulder blades up, then pinch them back and then down in a circular motion. Repeat 4 more times.



Stand up. Clasp your hands together behind your back then raise them up away from your bottom until you experience a gentle stretch. Repeat two more times.



Straighten your arm out in front of you with your palm facing the ground. Gently grasp the back of your hand with the other and bend the hand down as illustrated to obtain a stretch in the forearm. Hold 30 seconds and repeat one time.



Place your hands together with the palms touching each other. Keeping the palms in full contact with each other the entire time, move your hands down/elbows apart to obtain a stretch in the forearms, wrists and hands. Hold 30 seconds and repeat one time.