

## 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



10-15 seconds



8-10 seconds  
each side



10-20 seconds



3-5 seconds  
3 times



10-12 seconds  
each arm



10 seconds



10 seconds



8-10 seconds  
each side



8-10 seconds  
each side



10-15 seconds  
2 times



Shake out hands  
8-10 seconds