

## EXERCISE AT YOUR WORK

MANY OFFICE WORKERS HAVE JOBS WHERE THEY SIT OR STAND FOR LONG PERIODS. WORKING IN ONE POSITION CAN LEAD TO MUSCLE PAIN AND STRAIN. EXERCISES DONE AT THE DESK CAN HELP.

**EXERCISE BREAKS** Actions that are frequently repeated or held statically for periods of time can result in muscle fatigue and tightness. The following exercises are designed to counteract the movements used on the job by reducing postural fatigue, aches, and pains. You can do these exercises right at your workstation.

Exercises marked with an\* are stretch exercises and require the following exercise technique.

1. Take a deep breath in through your nose and make your abdomen expand
2. Breathe all the air slowly out through your mouth
3. Pause and relax
4. Then, stretch the muscle
5. Hold for 10 counts
6. Ease off, repeat steps one to five, stretching a little further each time

Repeat exercise three to five times each, unless otherwise specified. It takes 10 minutes to complete the entire program. Many of the exercises can be done separately throughout the day to relieve specific postural fatigue.



Figure 2.

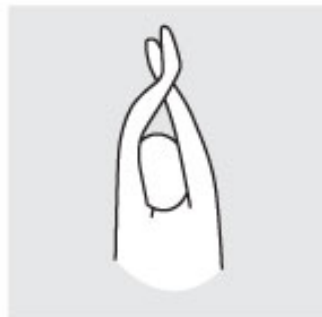


Figure 3.

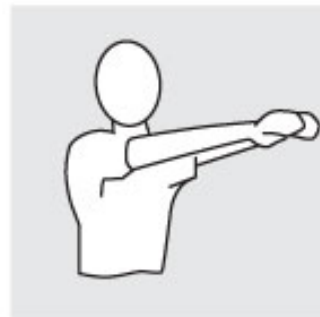


Figure 4.



Figure 5.

## FACE AND TRUNK EXERCISES

### FACE STRETCH

Raise your eyebrows and open your eyes as wide as possible. At the same time, open your mouth and breathe in deeply. Breathe out long and slowly as you purse your lips, and relax your eyes and brows.

### TALL STRETCH Figure 1.

Interlock fingers, palms up. Stretch arms above the head until they are straight. Do not arch the back. Relax and repeat.

## SHOULDER EXERCISES

### OVERHEAD STRETCH Figure 2.

With arms extended overhead and palms together, stretch arms upward and slightly backwards. Relax and repeat.

### FORWARD STRETCH Figure 3.

Interlace your fingers in front of you at shoulder height. Turn your palms outward as you extend your arms forward and feel a stretch. Relax and repeat.

### SHOULDER ROLL Figure 4.

Roll the shoulders, raise them, pull them back, then drop them and relax. Repeat in the opposite direction.

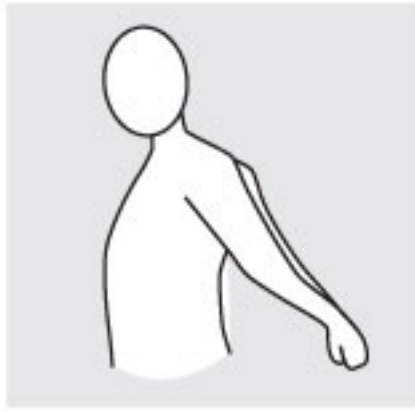


Figure 5.



Figure 6.

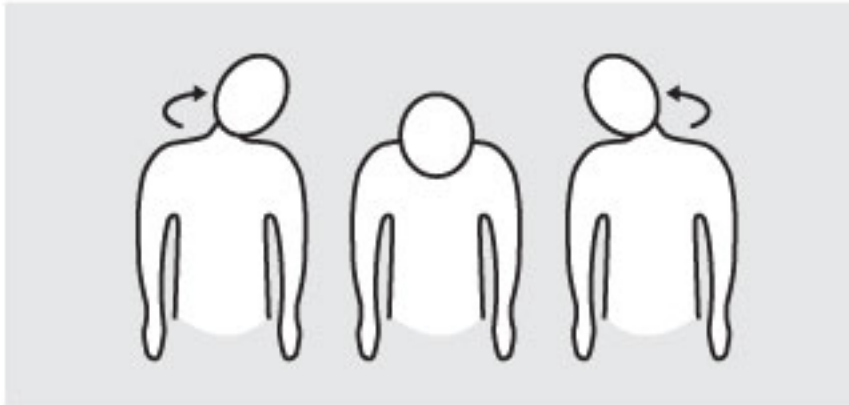


Figure 7.

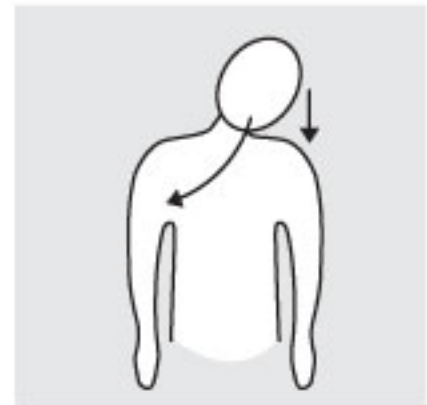


Figure 8.

## BACK EXERCISES

### BACKWARD STRETCH Figure 5.

With your arms relaxed at your side and using the relaxed breathing technique:

- Shrug your shoulders, hold, relax
- Pull your shoulder blades back, hold, relax
- Roll your shoulders forward, hold, relax

### MIDDLE BACK RELEASE Figure 6.

With your fingers interlaced behind your head, keep your elbows straight out to the side and your upper body in a well aligned position. Pull your shoulder blades together to create a feeling of tension through your upper back and shoulder blades. Relax and repeat.

## NECK EXERCISES

### NECK HALF CIRCLES Figure 7.

Sit or stand in a comfortable position. Roll your head slowly from side to front to side, keeping your back straight. If a particular position feels tight, stop and hold a stretch. Do so by using the breathing technique discussed earlier.

### NECK ROTATION

Sit or stand with arms relaxed by your side. Using the stretch breathing technique described earlier, look over one shoulder as far as possible, then do the same in the opposite direction.

### NECK SIDE BENDS

While sitting or standing, move your head to your right shoulder, trying to touch your shoulder with your ear (keep the shoulder down). Repeat on the left side.

### NOSE TO ARMPIT Figure 8.

While sitting or standing, tip your head to one side (ear to shoulder) and drop that shoulder slightly, then move your head toward the opposite armpit. Repeat alternately to the other side.



Figure 9.

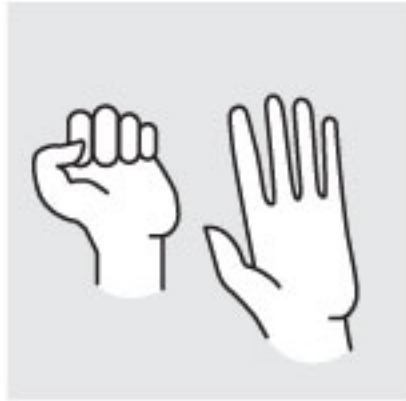


Figure 10.



Figure 11.



Figure 12.



Figure 13.



Figure 14.

## ELBOW AND WRIST EXERCISES

**PRAYER POSITION** Figure 9. Put the palms of your hands together, so that your elbows are bent and your wrists are at right angles. Using the breathing technique described earlier, and keeping the palms of the hands together, push your right palm and fingers firmly against the left and bend the left wrist back. Repeat to the other side.

**FINGER STRETCH** Figure 10.

Clench your hand into a fist with the palm facing you. Extend your fingers and hold and return to the fist position. Repeat with the other hand.

**THUMB ROLL** Figure 11.

With your forearm and hand in a mid-position, so that your hand is resting on the little finger border make large circles with your thumbs in both directions.

## LEG EXERCISES

**LEG LIFT** Figure 12.

Sit forward on the chair so that your back is not touching the chair's back. Place feet flat on the floor. With a straight leg, lift one foot a few inches off the floor. Hold momentarily, return it to the floor and repeat with the other leg.

**ANKLE FLEX AND STRETCH** Figure 13.

Hold one foot off the floor, leg straight. Alternately flex ankle (pointing toes up) and extend (pointing toes toward the floor). Repeat with the other leg.

**TOE-IN, TOE-OUT** Figure 14.

Place feet shoulder-width apart, heels on the floor. Swing toes in, then out.