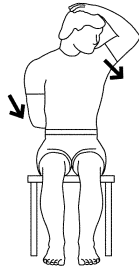


# Exercise For Desk Station

## Diagonal Neck Stretch

- Reach right arm behind back.
- Place left hand on top of head.
- Pull head down and to diagonally to the left, looking toward the left hip.
- Repeat to other side.



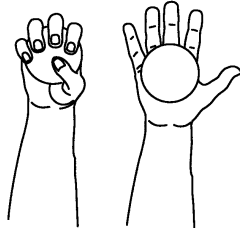
### **Special Instructions:**

The stretch can be increased by moving the shoulder of the arm behind the back downward. Perform 1 set of 1 Repetition, twice a day.

## Ball squeeze

- Hold rubber ball or tennis ball in hand.
- Squeeze ball with fingers.
- Relax and repeat.

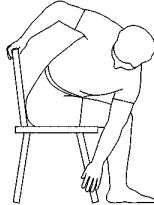
Perform 1 set of 10 Repetitions, twice a day.



## Lumbar Stretch in Chair

- Sit in chair with knees close together.
- Bend forward and reach to outside of right leg with left arm.
- Hold, return to start position, and repeat to other side.

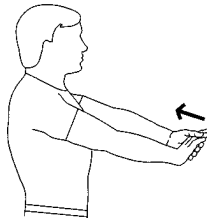
Perform 2 sets of 1 Repetition, twice a day.



## Wrist Flexor Stretch

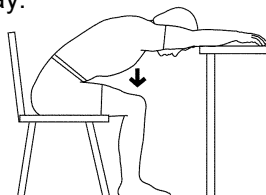
- Grasp fingers of one hand with other hand.
- Keeping elbow straight on involved arm.
- Pull back hand gently, as shown.

Perform 1 set of 1 Repetition, twice a day.



## Shoulder Stretch on Desk

- Sit at table.
  - Place arm on table, elbow straight.
  - Slowly bend trunk downward.
  - You should feel a stretch at the shoulder.
- Perform 1 set of 1 Repetition, twice a day.

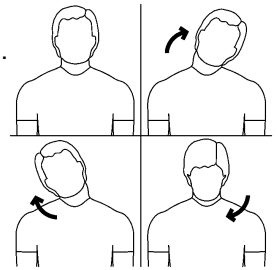


## Neck Circles

- Sit or stand, looking forward, with proper posture.
- Gently roll head in circles to left, then to right, as shown.
- Perform 4 repetitions per side rolling slowly & gently.

### **Special Instructions:**

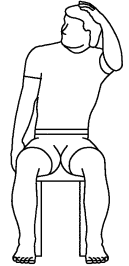
DO NOT BEND NECK BACKWARDS.



## Neck Stretch with Forward Lean

- Sit in chair.
- Hold chair with right hand and use left hand to support head.
- Bend neck forward, side bend to left, and turn head to right.
- Lean body to left and slightly forward.
- Hold and repeat.
- Repeat stretch on other side.

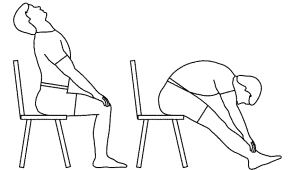
Perform 2 sets of 1 Repetition, twice a day.



## Back Extension/Hamstring Stretch

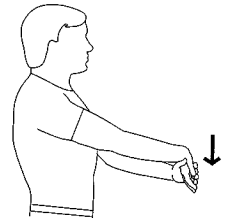
- Perform while sitting.
- Arch back, tilt chin up.
- Lean forward, stretching arms to feet, rounding back.

Perform 1 set of 1 Repetition, twice a day.



## Wrist Extensor Stretch

- Position hand palm up.
  - Grasp fingers of one hand with other hand.
  - Keeping elbow straight on involved arm.
  - Pull hand down gently, as shown.
- Perform 1 set of 1 Repetition, twice a day.



## Shoulder / Side Stretch

- Raise involved arm over and behind head, elbow bent.
  - Grasp elbow or wrist of involved arm with uninvolved arm.
  - Pull gently until a stretch is felt.
- Perform 1 set of 1 Repetition, twice a day.

