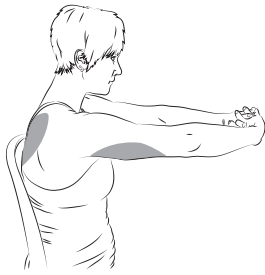


# Stretch for Relief

Approximately 4 minutes

## Keep moving!

Sitting at a computer for long periods often causes neck, shoulder and back stiffness or discomfort. Do these simple stretches before work, after work and every hour if possible, or whenever you feel stiff. Keep this handout at your desk for easy reference and take a photocopy home with you.



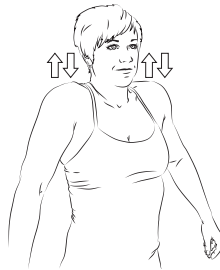
10-20 seconds two times  
then shake out hands



10-12 seconds



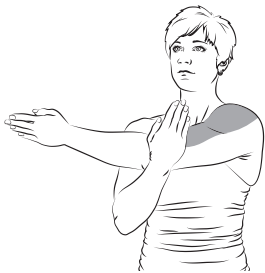
10-12 seconds each arm



Roll shoulders in both  
directions two times



10-12 seconds each side



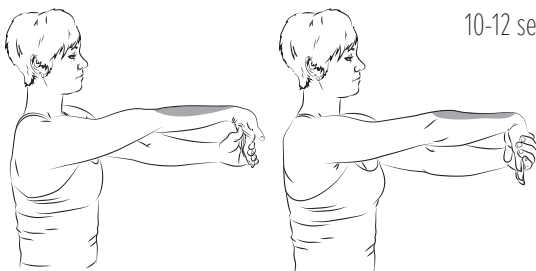
10-12 seconds each side



10-12 seconds each side



10-20 seconds two times



10-12 seconds with palm up,  
then palm down, on each arm



10-12 seconds each arm

## Stretch to the point of tension, not to the point of pain.

WARNING: If you experience any PAIN or DISCOMFORT, cease the particular exercise immediately.