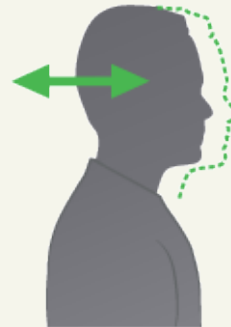


WORKSTATION EXERCISES

Stretches for neck and shoulders

Neck Stretch Exercise

1. Sit or stand upright. Without lifting chin, glide head straight back until a stretch is felt.
2. Hold for slow count of 10.
3. Repeat 3 – 5 times



Neck Exercise

1. Drop head slowly to one side, taking ear towards shoulder until stretch is felt.
2. Hold for slow count of 10.
3. Repeat 3 – 5 times.

Shoulder Stretch Exercise

1. Raise shoulders towards ears until slight tension felt across tops of shoulders.
2. Hold for slow count of 10.
3. Repeat 3 – 5 times.



Shoulder Roll Exercise

1. Sitting with back supported, slowly roll shoulders up and backwards in circular motion.
2. Repeat 10 times.