

EXERCISES AND STRETCHES

Eye Comfort Exercises

- 1 Blinking - produces tears to help moisten and lubricate the eyes.
- 2 Yawning - produces tears to help moisten and lubricate the eyes.
- 3 Expose the eyes to natural light.
- 4 Periodically focus on objects at least 20 feet away.
- 5 Palming
 - While seated, brace elbows on the desk and close to the desk edge
 - Let weight fall forward
 - Cup hands over eyes
 - Close eyes
 - Inhale slowly through nose and hold for 4 seconds
 - Continue deep breathing for 15-30 seconds
- 6 Eye Movements
 - Close eyes
 - Slowly and gently move eyes up to the ceiling, then slowly down to the floor
 - Repeat 3 times
 - Close eyes
 - Slowly and gently move eyes to the left, then slowly to the right
 - Repeat 3 times
- 7 Focus Change
 - Hold one finger a few inches away from the eye
 - Focus on the finger
 - Slowly move the finger away
 - Focus far into the distance and then back to the finger
 - Slowly bring the finger back to within a few inches of the eye
 - Focus on something more than 8 feet away
 - Repeat 3 times

Musculoskeletal Exercises

- 1 Deep Breathing
 - While standing, or in an otherwise relaxed position
 - Place one hand on the abdomen and one on the chest

- Inhale slowly through the nose
- Hold for 4 seconds
- Exhale slowly through the mouth
- Repeat

2 Cable Stretch

- While sitting with chin in, stomach in, shoulders relaxed, hands relaxed in lap, and feet flat on the floor, imagine a cable pulling the head upward
- Hold for 3 seconds and relax
- Repeat 3 times

3 Sidebend: Neck Stretch

- Tilt head to one side (ear towards shoulder)
- Hold for 15 seconds
- Relax
- Repeat 3 times on each side



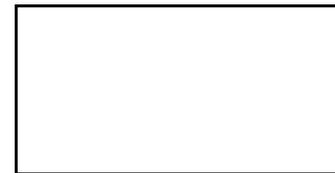
4 Diagonal Neck Stretch

- Turn head slightly and then look down as if looking in your pocket
- Hold for 15 seconds
- Relax
- Repeat 3 times on each side



5 Shoulder Shrug

- Slowly bring shoulders up to the ears and hold for approximately 3 seconds
- Rotate shoulders back and down
- Repeat 10 times



6 Executive Stretch

- While sitting, lock hands behind head
- Bring elbows back as far as possible
- Inhale deeply while leaning back and stretching
- Hold for 20 seconds
- Exhale and relax
- Repeat



7 Foot Rotation

- While sitting, slowly rotate each foot from the ankle
- Rotate 3 times in one direction, then 3 times in the opposite direction
- Relax
- Repeat

8 Hand Shake

- While sitting, drop arms to the side
- Shake hands downward gently
- Repeat frequently

9 Hand Massage (Note: Perform very gently!)

- Massage the inside and outside of the hand using the thumb and fingers
- Repeat frequently (including before beginning work)

10 Finger Massage (Note: Perform very gently!)

- Massage fingers of each hand individually, slowly, and gently
- Move toward nail gently
- Massage space between fingers
- Perform daily

11 Wrist Stretch

- Hold arm straight out in front of you
- Pull the hand backwards with the other hand, then pull downward
- Hold for 20 seconds
- Relax
- Repeat 3 times each

