COMPUTER & DESK STRETCHES

Approximately 4 Minutes

Sitting at a computer for long periods often causes neck and shoulder stiffness and occasionally lower back pain. Do these stretches every hour or so throughout the day, or whenever you feel stiff. Photocopy this and keep it in a drawer. Also, be sure to get up and walk around the office whenever you think of it. You’ll feel better!

1. 10–20 seconds
   2 times
   (page 90)

2. 10–15 seconds
   (page 46)

3. 8–10 seconds
   each side
   (page 44)

4. 15–20 seconds
   (page 46)

5. 3–5 seconds
   3 times
   (page 46)

6. 10–12 seconds
   each arm
   (page 47)

7. 10 seconds
   (page 89)

8. 10 seconds
   (page 89)

9. 8–10 seconds
   each side
   (page 83)

10. 8–10 seconds
    each side
    (page 60)

11. 10–15 seconds
    2 times
    (page 46)

12. Shake out hands
    8–10 seconds
    (page 89)

Taken from: Stretching by Bob Anderson
**BEFORE WORK STRETCHES**

*Approximately 6 Minutes*

Before you do any physical work—especially lifting—do some stretches. Stretching gives your muscles a signal they are about to be used, and a few minutes of stretching before starting work will make you feel better and help avoid injuries.

1. **10–20 times each foot**
   - 10–20 seconds each leg
   - (page 71)

2. **5–10 seconds each leg**
   - (page 71)

3. **10–15 seconds each leg**
   - (page 73)

4. **10 seconds each leg**
   - (page 75)

5. **3–5 seconds each side**
   - 2 times
   - (page 46)

6. **20 seconds**
   - (page 45)

Taken from: *Stretching* by Bob Anderson