FOOT ROTATION

• Stand with feet shoulder width apart and knees slightly bent.
• Place hands on back just below the waist with fingers pointing downwards.
• Take a breath and while breathing out, with your hands, slowly push your lower body forward at the hips and lean backwards with your upper body.
• Keep your head upright.
• Ensure you only stretch in comfort and do not cause pain.
• Hold position for a few seconds before returning to upright position.

OVERHEAD BACK FEET OFFICE STRETCHES

Keyboard and mouse beside one another and at the same height.
Place monitor and documents at the same distance from eyes.
Shoulders low and back.
Legs should be 60° - 90° angle to the floor.
Feet should be fully supported.
Wrists straight.

Focus Change
Throughout your day make sure to look away from your screen to objects at varying distances.

SHOULDER ROTATION

• Stand in a relaxed position.
• Bring hands together and interlock the fingers.
• Gradually raise your hands upward as if a cable were pulling your hands up.
• Hold for a count of three.
• Relax.
• Repeat three times.

SHOULDER SHRUG

• Maintain the natural curves of your spine.

GENERAL OFFICE GUIDELINES

Blink
You blink less when looking at a monitor, so consciously try to blink more regularly.

Focus Change
Throughout your day make sure to look away from your screen to objects at varying distances.

• Blink
You blink less when looking at a monitor, so consciously try to blink more regularly.

• Focus Change
Throughout your day make sure to look away from your screen to objects at varying distances.

• Maintaining good posture while stretching.
• Discontinue a stretch that causes abnormal discomfort. (Initial tension should lessen with a stretch not increase.)

HANDS

• Adjust backrest to provide lumbar support.

FEET

• Monitor distance from eyes 18 - 36 inches.

HANDSHAKE

• Wrists straight.

EXECUTIVE

• Maintain good posture while stretching.

• Do these exercises every 45 minutes.
• Do not rush them. Take your time.
• Remember to breathe. Breathing reduces fatigue.
• Hold stretch to the comfort point for a count of 10.

• Adjust backrest to provide lumbar support.

Are you doing the same task for long periods of time?