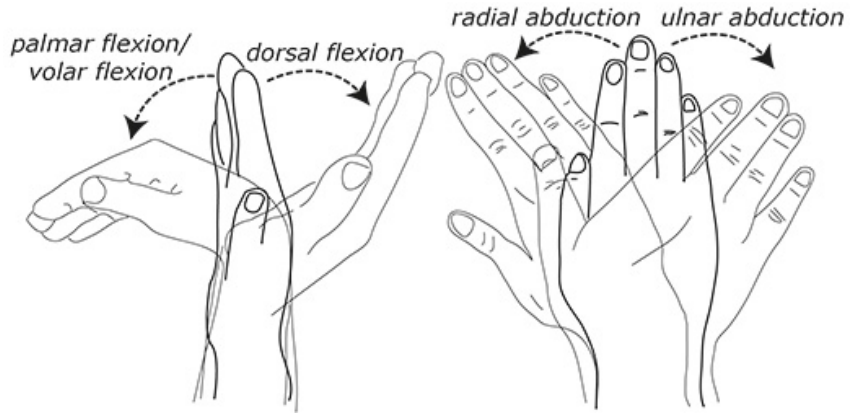


Small Stretches for Big Benefits

Easy stretches you can do daily at your desk to reduce pain and fatigue!

Hand mobility:

slowly move the hand up and down and then back and forth for approximately 30 seconds



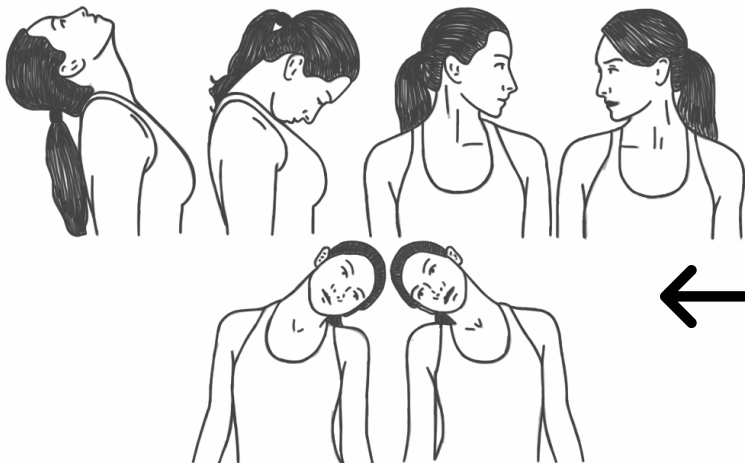
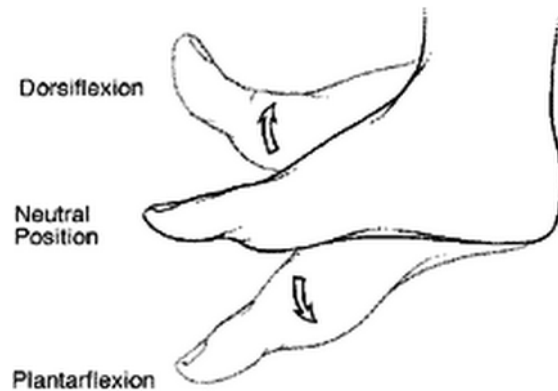
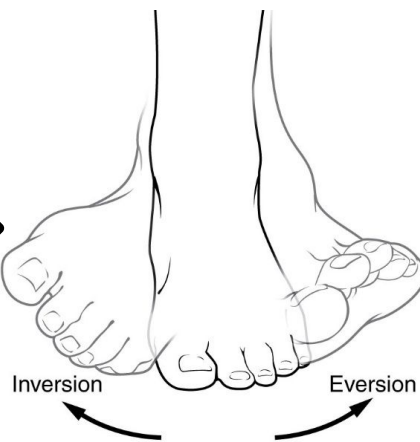
Arm mobility:

Leaning against something with feet shoulder width apart and your arm allowed to swing downward in circles in each direction



Ankle mobility:

Seated or Laying down raise your toes and foot up and then back down, followed by side to side gently back and forth

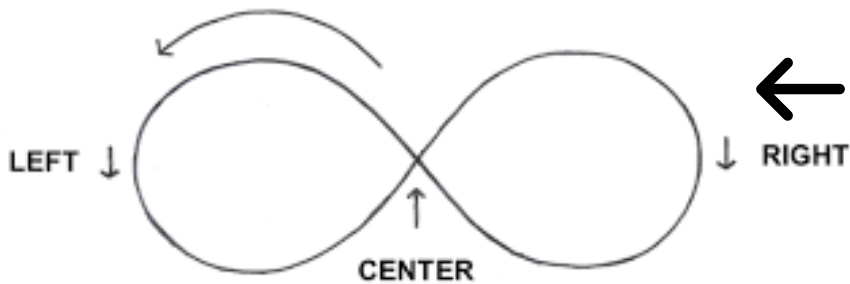


Neck mobility:

Stand with legs shoulder width apart, drop your head forward and then look up with sufficient time in between and then side to side as depicted



THE FIGURE EIGHT

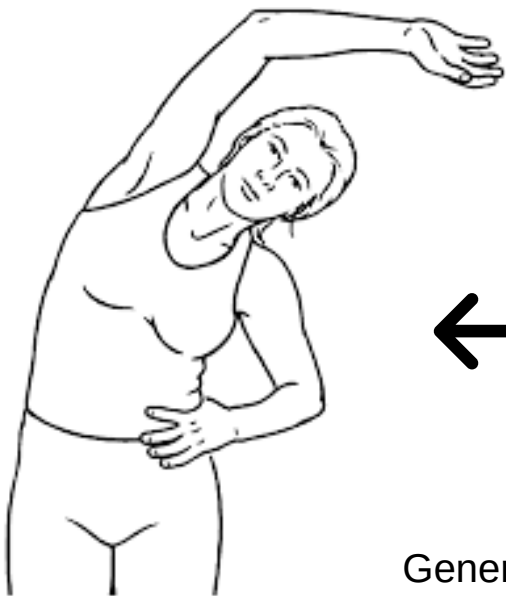
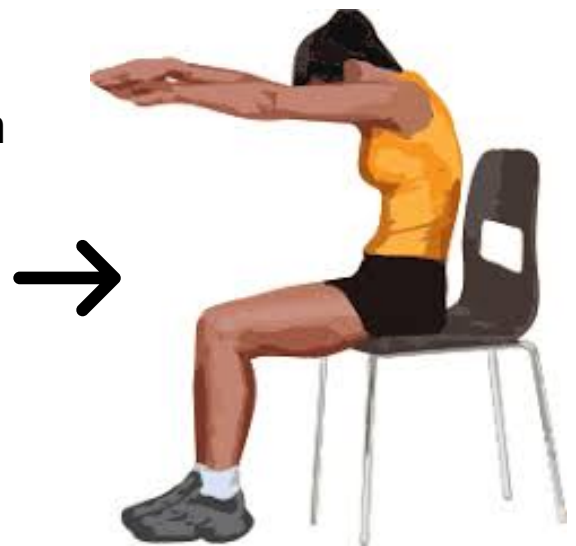


Eye mobility:

Take your eyes off the screen from time to time and look further down a hallway or open space while moving your eyes in a figure eight pattern

Upper-back mobility:

Seated on a comfortable surface in an up-right posture begin by raising arms overhead and then bending at the waist slightly as you reach outward with your hands and ensuring to keep your shoulders down as you also bend your head downwards



Lower-back mobility:

Standing with your feet shoulder width apart or sitting raise your leaning arm up and over as you lean toward the opposite direction as the raised arm with the other hand supported on your hip.

General Stretching Guidelines:

- Most effective if you reach a point of slight discomfort and hold from there
- Do not bounce
- Hold for 30 seconds or 10 seconds with minor breaks in-between to equal 30
- Real change occurs over time!