

Stretching & Taking Breaks

Take a break from the computer at least every hour.
Get up and move around.
Take short, frequent breaks.
Rotate your tasks when possible to avoid constant keyboard work.
Take mini – breaks as needed to stretch your body or rest your eyes.

Breathing

During all of these stretches/exercises (and while you work) pay attention to your breathing. Work towards breathing that is full and deep. Normal breathing has a smooth, steady rhythm that allows you to take breath in and out from the area around your stomach and naval. It can also help to coordinate your breathing with your movements. Let your body expand as you inhale and relax as you inhale.

Eyes

Blink often to keep your eyes moist and clean.
Refocus your eyes by looking away from your screen and focusing on a distant object at least 20 feet away every 10 minutes or so.
Roll your eyeballs clock & counter-clockwise three times each to exercise them.

Neck

Release tension in the neck by looking back over the shoulder while sitting up straight. Hold for 10 seconds, then slowly turn head and look back over the other shoulder and hold.
In a sitting position, look forward with your head in a comfortable, aligned position. Slowly tilt your head to the left side. As you feel a good and even stretch, hold it for 10-20 seconds. Do not overstretch.
Repeat the same stretch to the right side and then down towards your chest.
Slowly tuck your chin back, hold for 2 seconds and then release. Repeat 10 times. This stretch can also be done sitting in a chair against a wall or in a car seat with a head rest. Then press your head straight back towards the wall or head rest.

Wrists & Hands

Hang your arms at your sides and relax. Spread your fingers until you feel a stretch. Count to 5 slowly. Then make a loose fist, bending your fingers at the knuckles and count to 5 slowly, again. Relax your hand. Repeat several times. Gently massage wrists and hands to relax muscles and improve circulation.

Middle/Upper Back

Place your right hand on your left shoulder and point your right elbow out in front of you. Place your left hand on the extended right elbow and push the elbow back towards you. Hold the stretch for 5 seconds and repeat with other arm.

With your fingers interlaced behind your head, keep your elbows straight out to the side. Keep your upper body in a good vertically aligned position. Now pull your shoulder blades toward each other to create a feeling of tension through the upper back and shoulder blades.

Hold this position for 8-10 seconds, then relax. Repeat several times.

With your left hand reach towards the back of your lower neck, pointing your elbow up. With your right hand gently pull your left elbow towards your head until an easy tension-stretch is felt in your shoulder or back of your upper arm. Hold comfortable stretch for 30 seconds. Switch arms/sides.

Shoulders

Relax shoulders by rotating them backwards several times and then forwards.

Shoulder Shrug: raise the top of your shoulders toward your ears until you feel slight tension in your neck. Hold the position for 3-5 seconds. Repeat 2-3 times.

Pain

Pay attention to any symptoms and DO NOT push through the pain!