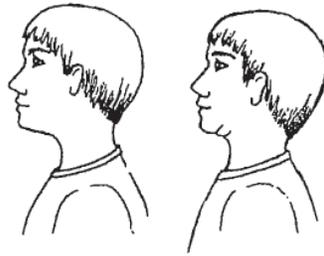




ERGONOMOMIC STRETCHES

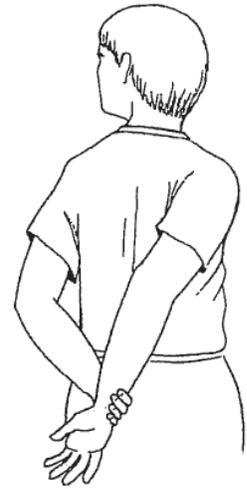
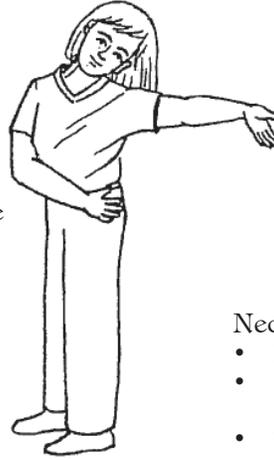


Chin Tucks

- Pull chin slightly down
- Pull ear back to line up with shoulder
- Hold
- Repeat off & on during the day

Chest-Arm Stretch

- Place right hand on left hip
- Turn head to left side
- Extend left arm horizontally to side
- Keep left elbow straight and palm turned up
- Drop left fingers downward
- Hold
- Repeat to other side



Neck-Shoulder Stretch

- Bring both hands behind back
- Hold the right hand down using the left hand
- Turn the head toward the left side (opposite hand being held)
- Switch arm holds, repeat other side



Forearm-Wrist Extension Stretch

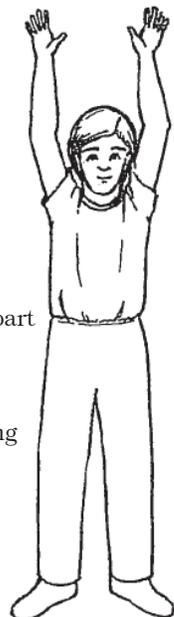
- Press palms together in front of chest
- Lift Elbows slightly up
- Keep shoulders relaxed and down while holding stretch
- Hold abdominals tight

Forearm-Wrist Flexion Stretch

- Bring arms straight in front of body, keeping elbows as straight as possible
- Bring backs of hands together
- Pull fingers up toward elbows
- Keep shoulders down and relaxed

Back Extension

- Place hands on back of hips
- Gently arch upper body back
- Do not overstretch the neck in a backwards direction
- Knees can be slightly bent
- Push back up with hands



Warm-Up Trunk

- Stand relaxed, feet slightly apart
- Maintain tight abdominals
- Reach overhead with fingers reaching up
- Can interlock thumbs - pulling thumbs "apart"



Arm Pulls

- Gently pull left elbow across chest
- Use right hand to gently push left arm toward the right shoulder
- Repeat on other side