

Stretching and Rest Break Guidelines for Computer and Desk Workers

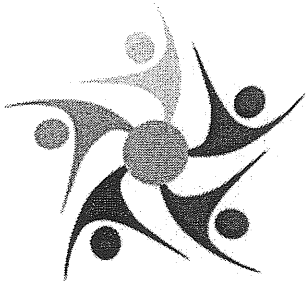
- Make small adjustments to your posture every 15 minutes by changing the height of your chair slightly or lean your chair back a little further.
- Stand up and stretch or walk around for one or two minutes every hour.
- Spontaneously stretch any area that feels tense.
- Stretch slowly without bouncing.
- Stretch to the point of mild tension and hold for 30 seconds.

General Guidelines:

- Keep frequently used items within easy reach.
- Avoid twisting your body to reach items, twist your chair instead.
- Sit all the way back in your chair with feet flat on the floor.

If you have any questions related to this stretching program, please contact Laura Bly OTR/L or another therapist in the Rehab and Wellness Center @ ext 3372.

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program, especially if you have had any recent surgery, muscle, or joint problems. The instructor and advice presented are in no way intended as a substitute for medical consultation, the instructor disclaims any liability from and in connection with this program.



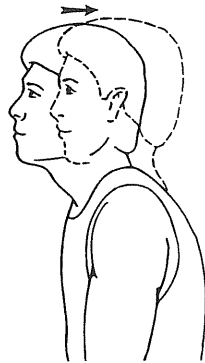
THE REHAB & WELLNESS CENTER
A Division of Box Elder General Hospital
www.bogh.org

Routine For: Computer and Desk Stretches
Created By: Laura Bly OTR/L

Desk Stretches

NECK - 1 Flexors

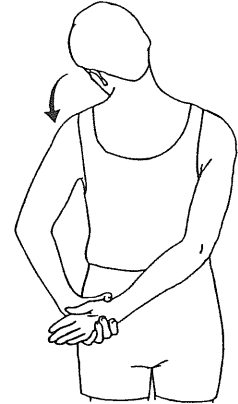
Pull head straight back, keeping jaws and eyes level. Hold 30 seconds.



Repeat 2-3 times.
Do 2-3 sessions per day.

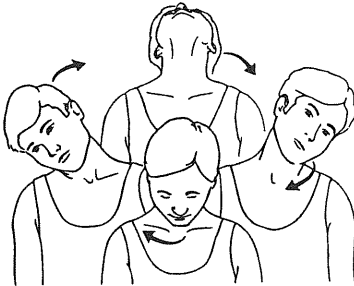
NECK - 10 Side Benders

While tilting head to the left, pull right arm down with left hand until stretch is felt. Hold 30 seconds. Repeat to other side.



Repeat 2-3 times.
Do 2-3 sessions per day.

NECK - 8 Extensors / Flexors / Side Benders

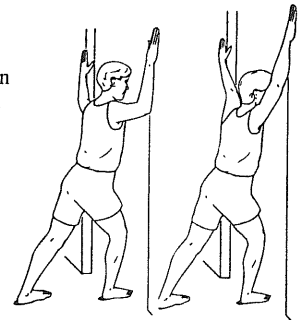


From sitting position with back straight, slowly roll head in a full circle.

Repeat 2-3 times. Do 2-3 sessions per day.

CHEST - 6 Pectorals

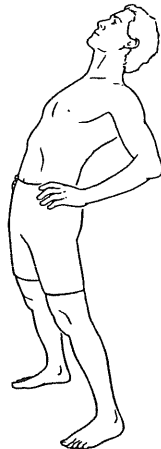
With arms forming a T, lean forward until stretch is felt. Hold 30 seconds. Slide arms up to form a V and repeat the stretch.



Repeat 2-3 times.
Do 2-3 sessions per day.

BACK - 44 Backward Bend (Standing)

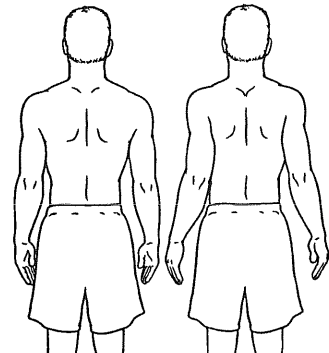
Arch backward to make hollow of back deeper. Hold 30 seconds.



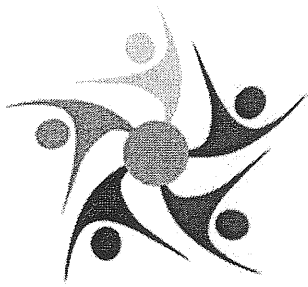
Repeat 2-3 times per set.
Do 1 sets per session.
Do 2-3 sessions per day.

SHOULDER - 101 Scapular Retraction (Standing)

With arms at sides, pinch shoulder blades together.



Repeat 10 times per set.
Do 1 sets per session.
Do 2 sessions per day.

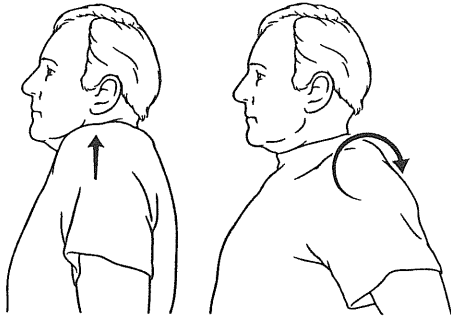


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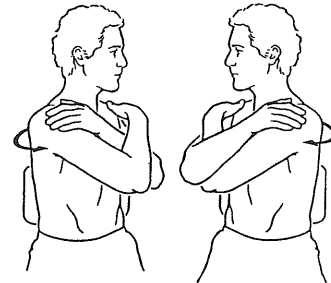
Desk Stretches

NECK - 8 Shoulder Circle Shrug



Bring shoulders up and rotate around backward.
Repeat 10 times. Do 2-3 sessions per day.

BACK - 37 Lumbar Rotation (Sitting)

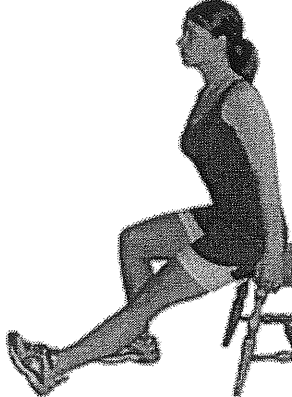


Arms crossed, gently rotate trunk from side to side in a small, pain-free range of motion.

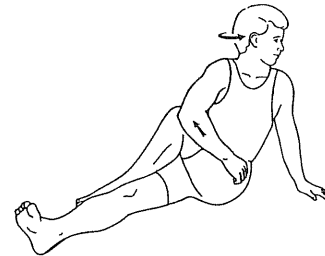
Repeat 10 times per set. Do 1 sets per session.
Do 2-3 sessions per day.

Sitting Hamstring Stretch

Sitting on edge of chair, with one leg forward, tilt your pelvis forward. Make sure to point your toes for added stretch. Hold for 30 seconds. Repeat 2-3 times, do 2-3 times a day.



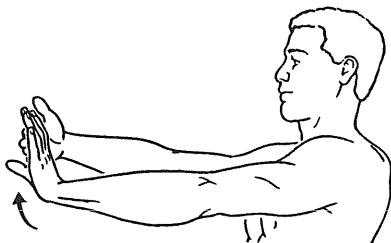
HIP OBLIQUE - 10 External Rotators



With left leg over right, bring right arm over left leg. Push left leg across body until stretch is felt. Turn head over left shoulder. Hold 30 seconds. Repeat with other side. You can do this exercise sitting in a chair.

Repeat 2-3 times. Do 2-3 sessions per day.

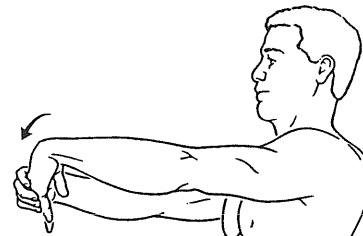
HAND - 13 Wrist Flexor Stretch



Keeping elbow straight, grasp right hand and slowly bend wrist back until stretch is felt. Hold 30 seconds. Relax.

Repeat 2-3 times per set. Do 1 sets per session.
Do 2-3 sessions per day.

HAND - 14 Wrist Extensor Stretch



Keeping elbow straight, grasp right hand and slowly bend wrist forward until stretch is felt. Hold 30 seconds. Relax.

Repeat 2-3 times per set. Do 1 sets per session.
Do 2-3 sessions per day.