

General Exercises for Computer Users

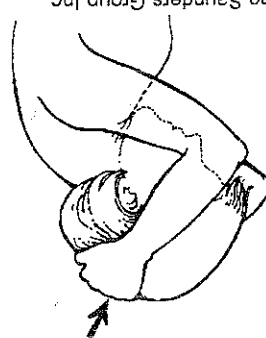
Provided by: Chiropractic Research Clinic UW-CMCC

1. Sit or stand with good posture

2. Bend neck forward as shown, using hand for assistance

3. Hold _____ seconds

4. 3-5 repetitions, _____ times per day



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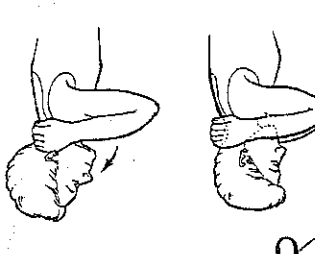
1. Sit or stand with good posture

2. Clasp hands behind neck

3. Bend neck backward, stabilizing with hands to prevent movement from occurring below your hands

4. Hold _____ seconds

5. _____ repetitions, _____ times per day



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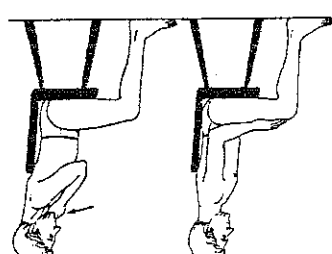
1. Sit or stand with good posture

2. Tuck chin backward without tilting head up

3. Use hand on chin for extra stretch as needed

4. Hold _____ seconds

5. _____ repetitions, _____ times per day



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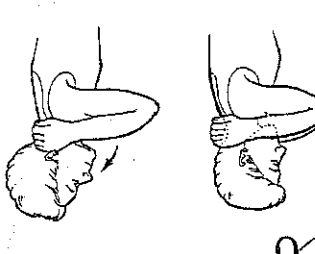
1. Sit or stand with good posture

2. Clasp hands behind neck

3. Bend neck backward, stabilizing with hands to prevent movement from occurring below your hands

4. Hold _____ seconds

5. _____ repetitions, _____ times per day



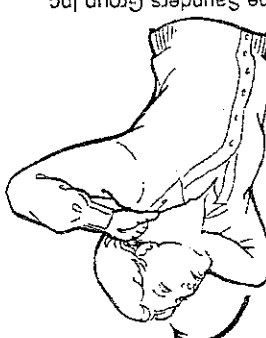
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1. Sit or stand with hands behind neck as shown

2. Bend neck and shoulders backward until a stretch is felt

3. Hold _____ seconds

4. _____ repetitions, _____ times per day



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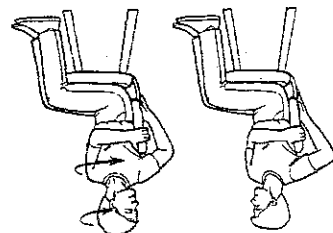
1. Sit in chair with good posture

2. Look over your shoulder and position your arms on back of chair as shown

3. Use your arms on back of chair to provide an extra stretch

4. Hold _____ seconds

5. _____ repetitions, _____ times per day



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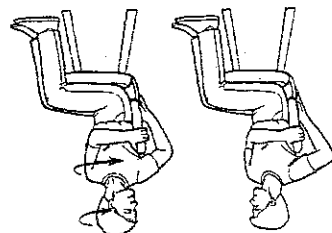
1. Sit in chair with good posture

2. Look over your shoulder and position your arms on back of chair as shown

3. Use your arms on back of chair to provide an extra stretch

4. Hold _____ seconds

5. _____ repetitions, _____ times per day



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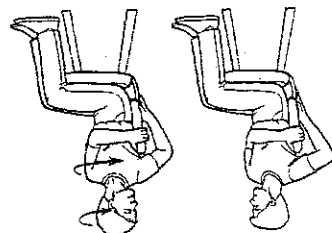
1. Sit or stand with good posture

2. Look over your shoulder and position your arms on back of chair as shown

3. Use your arms on back of chair to provide an extra stretch

4. Hold _____ seconds

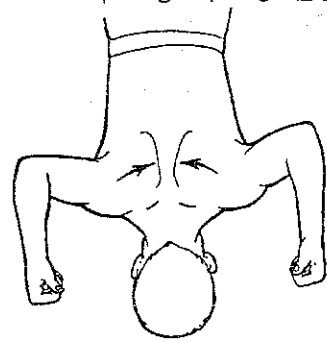
5. _____ repetitions, _____ times per day



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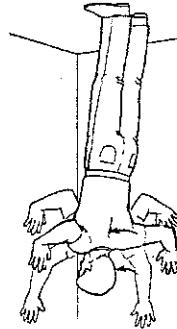
1. Stand with arms overhead as shown
2. Pinch shoulder blades together as you press your arms backward slightly
3. Hold _____ seconds
4. _____ repetitions, _____ times per day



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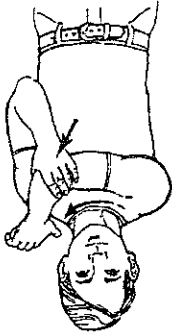
1. Stand grasping _____ elbow with other hand as shown
2. Pull the elbow behind and toward your head so that you feel a stretch
3. Hold _____ seconds
4. _____ repetitions, _____ times per day



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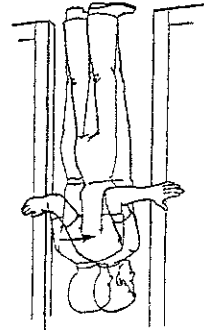
1. Stand in a corner about 1-2 feet from wall with hands on wall as shown
2. Lean into corner so that you feel a stretch
3. Vary the stretch by moving arms higher or lower, or by standing farther away from wall
4. Hold _____ seconds



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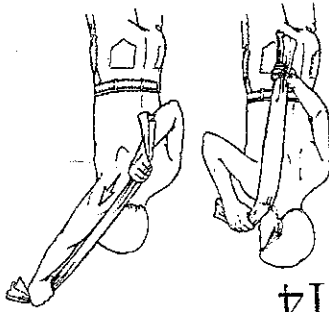
1. Stand grasping _____ elbow with other hand as shown
2. Pull the elbow and arm across your chest so that you feel a stretch
3. Hold _____ seconds
4. _____ repetitions, _____ times per day



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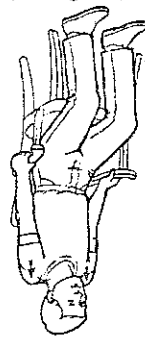
1. Stand in doorway with elbows bent and hands placed on door frame as shown
2. Lean your body forward so that you feel a stretch
3. Hold _____ seconds
4. _____ repetitions, _____ times per day



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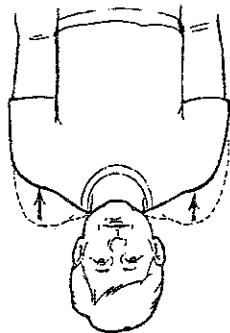
1. Stand with towel as shown, _____ arm
2. Stretch the arm up behind your back
3. Stretch the arm up behind your back by pulling upward on the towel with the other hand for assistance
3. Hold _____ seconds
4. _____ repetitions, _____ times per day



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1. Sit in chair as shown
2. Allow your body to sag downward, and support your body with your legs as needed
4. Hold _____ seconds
5. _____ repetitions, _____ times per day



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1. Sit or stand as shown
2. Try to press your shoulders downward as far as you can
3. Hold _____ seconds
4. _____ repetitions, _____ times per day

Computer Users

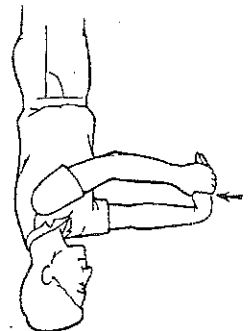
4/21/98

PhysioTools compatible

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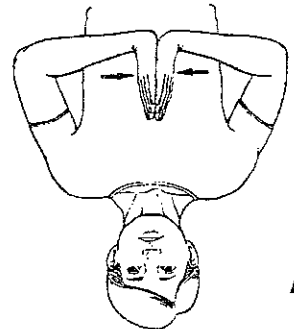
16



1. Hold _____ wrist as shown
2. Bend the wrist until you feel a stretch
3. Hold _____ seconds
4. _____ repetitions, _____ times per day

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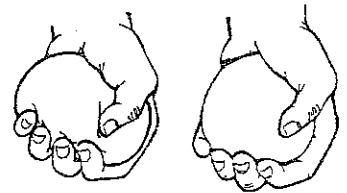
17



1. Hold your hands together as shown
2. Bend the wrist until you feel a stretch
3. Hold _____ seconds
4. _____ repetitions, _____ times per day

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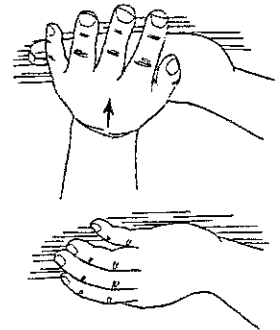
18



1. Hold a _____ ball as shown with your _____ hand
2. Squeeze as firmly as you can
3. Hold _____ seconds
4. _____ repetitions, _____ times per day

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1. Place _____ hand flat on the table as shown
2. Press down as shown with the other hand until you feel a stretch
3. Hold _____ seconds
4. _____ repetitions, _____ times per day

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PhysioTools compatible

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hold ball against wall with back