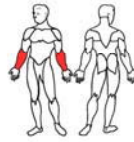


## Computer and Desk Stretches

These stretches are recommended as a means of reducing the risk of overuse injuries for office based workers. Completing regular stretching throughout the day will assist in the reduction of injury. Additionally, regular short walks throughout the day are recommended. Discontinue if you experience pain.

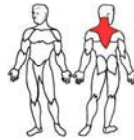
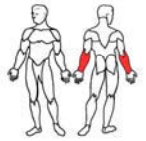


### Anterior Forearm Stretch

Straighten the elbow & extend the wrist by pulling the fingers towards the back of the elbow. Do not force the movement.

### Posterior Forearm Stretch

Straighten the elbow & flex the wrist by pulling the fingers towards the outside of the elbow. Keep the elbow straight & the shoulder relaxed. Do not force the movement.

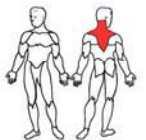


### Neck Flexion Stretch

Gently pull one arm down to depress the shoulder blade then tilt the forehead towards the opposite arm pit. Keep the shoulders relaxed.

### Lateral Neck Stretch

Sit with an erect posture and place the hand securely under the leg. Pull the head to the side to laterally flex the neck and hold the stretch.

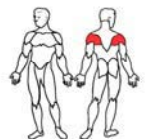


### Tricep Stretch

Contract the shoulder & elbow flexors as far as comfortable, then use the other arm to increase the range of motion.

### Posterior Shoulder Stretch

Keep the shoulder relaxed and pull the arm across the body until a stretch is achieved in the shoulder. The hips & shoulders should continue facing forward during the stretch.



### External Rotator Stretch

Keep the elbow flexed at approx. 90 degrees & place the back of the hand behind your hip. Gently pull the elbow forward.

### Anterior Shoulder Stretch

Place the knuckles on the wall with the arm straight & the thumb facing the ground. Rotate away from the wall until a stretch is experienced.

