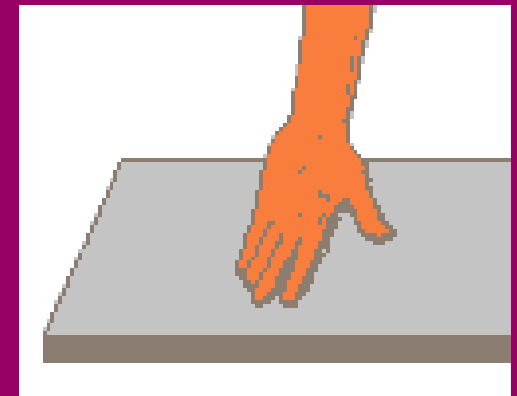


Desk Exercises

■ Thumbs

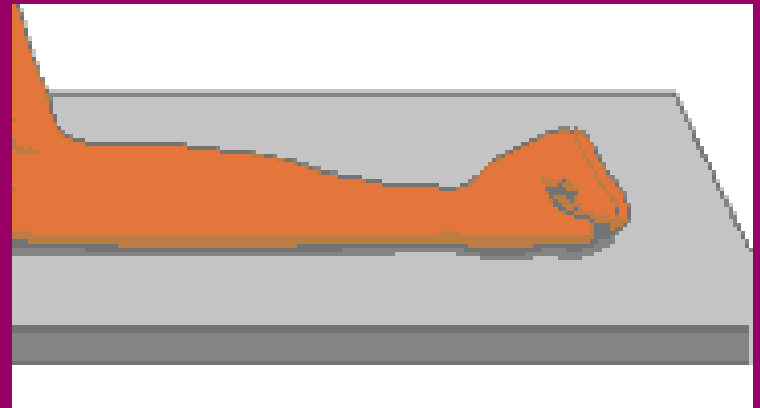
- Place hand on desk, palm up
- Touch thumb to little finger
- Hold for count of 5
- Relax
- Repeat 5 times with each hand



Desk Exercises (cont'd)

■ Fingers, Forearms

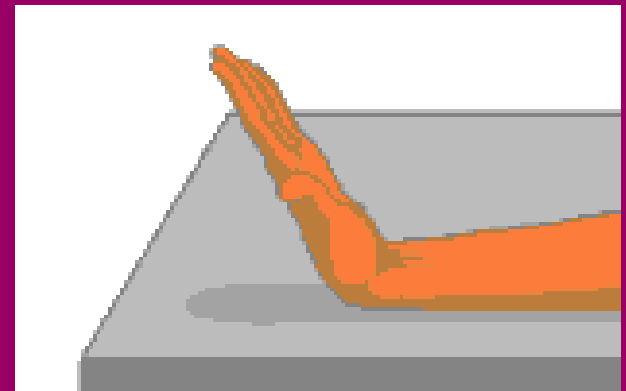
- Make tight fist
- Hold for count of 5
- Spread fingers as far apart as you can
- Hold for count of 5
- Repeat 5 times for each hand (can do both hands at same time if desired)



Desk Exercises (cont'd)

■ Wrist

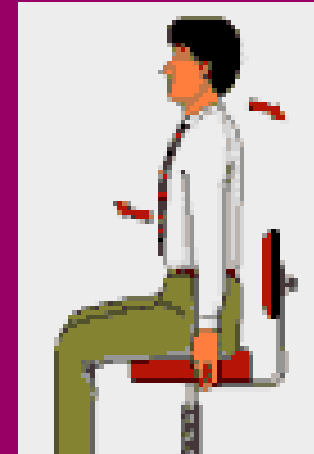
- Forearm on desk, palm up
- Bend hand toward forearm
- Hold for count of 5
- Relax
- Repeat 5 times for each hand
- Repeat entire cycle with palm down, bending hand back toward forearm



Desk Exercises (cont'd)

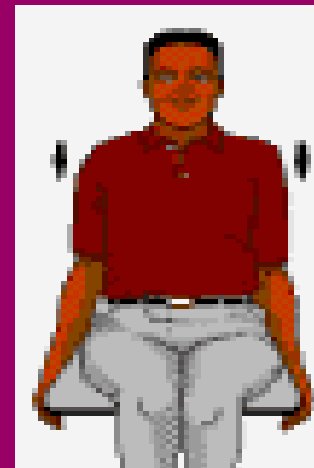
■ Shoulders (rolls)

- Roll shoulders forward
5 times
- Roll shoulders back 5 times
- Repeat



■ Shoulders (shrugs)

- Shrug shoulders
- Hold for count of 5
- Repeat



Desk Exercises (cont'd)

■ Neck

- Tilt head to left shoulder
- Hold for count of 5
- Tilt head to right shoulder
- Hold for count of 5
- Repeat



Desk Exercises (cont'd)

■ Trunk, Back

- Extend arms straight out at shoulder level and clasp hands
- Move arms to left and hold for count of 5
- Repeat to right
- Repeat cycle 5 times



Desk Exercises (cont'd)

■ Eyes

- Blink regularly
- Every few minutes look away at some distant object for a few seconds to allow eyes to refocus

