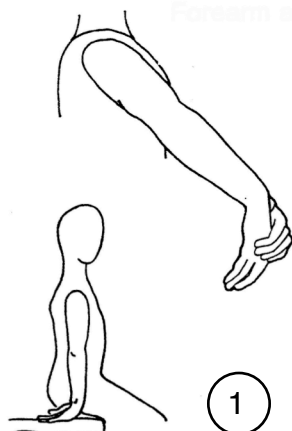


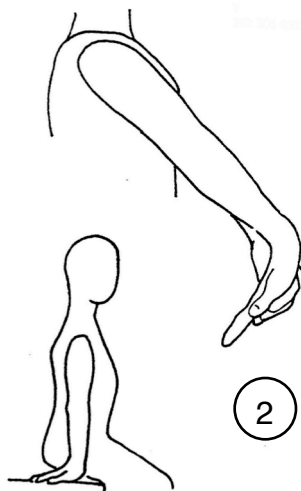
ERGONOMICS

Stretches and Warm-Ups for the Digital Age

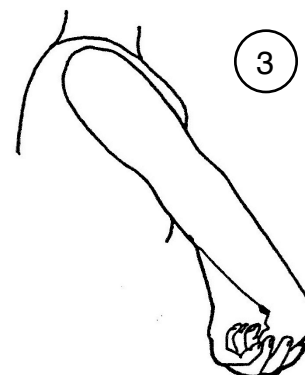
**Do these stretches and warm-ups 2-3x each,
2-3x intermittently throughout the day**



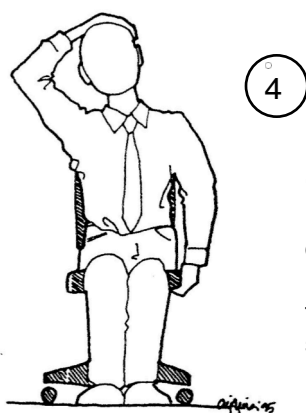
Wrist Flexion Stretch
Push down on back of hand with opposite hand and hold for 10 seconds.



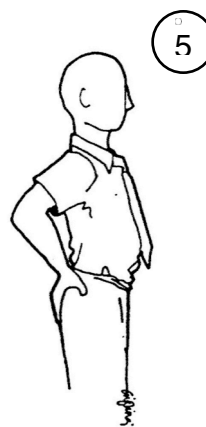
Wrist Extension Stretch
Push down on the palm with the opposite hand and hold for 10 seconds.



Wrist and finger Flexion Stretch
Make a fist and use the opposite hand to bend the wrist a little further.

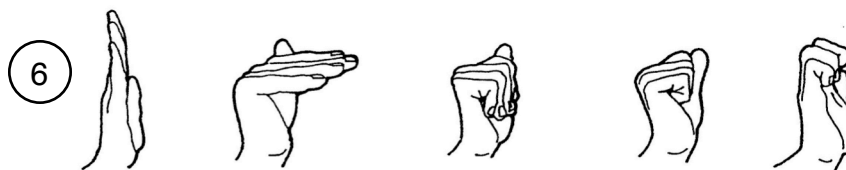


Cervical Stretch
Place your hand on the opposite side of your head and gently pull to the side. Hold for 10 seconds.



Back Stretch
Stick out your chest while exaggerating the arch in your low back. (This can be done while sitting) Hold for 5 seconds.

Hand Warm-Up
Slowly move from one position to the next. Repeat 10 times.



Please do these stretches and warm-ups slowly and gently. They should not cause pain, numbness or tingling. If you have any of these symptoms, please discontinue these exercises and see your doctor.