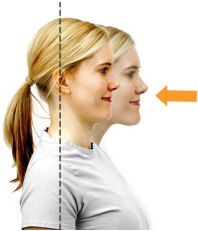


1

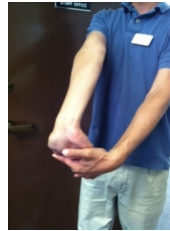


RETRACTION / CHIN TUCK

Slowly draw your head back so that your ears line up with your shoulders.

Repeat 1 Time
Hold 10 Seconds
Complete 1 Set
Perform 1 Times an Hour

4



Wrist Flexor/Bicep Stretch

Holding your wrist like in picture, with elbow completely strait, provide a strong but comfortable stretch, NO PAIN.

Repeat with other hand

Repeat 1 Time
Hold 10 Seconds
Complete 1 Set
Perform 1 Times an Hour

2



UPPER TRAP STRETCH - HAND ON HEAD

Begin by retracting your head back into a chin tuck position. Next, move your head towards one side with the help of your hand for light over pressure. Perform one time each side

Repeat 1 Time
Hold 10 Seconds
Complete 1 Set
Perform 1 Times an Hour

5

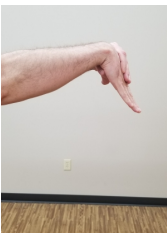


Chest Stretch

Place hands on hips with fingers pointed down. Squeeze you elbows and shoulder blades together

Repeat 1 Time
Hold 10 Seconds
Complete 1 Set
Perform 1 Times an Hour

3



Wrist extensor stretch - Hand open

- Extend elbow out straight
- Turn palm down toward floor
- Using your opposite hand, stretch your hand downward

Repeat 1 Time
Hold 10 Seconds
Perform 1 Times an Hour Repeat with the other hand.

Perform each stretch once per hour when working at a computer

Contact The Center for Total Back Care for more information about our Ergonomics Services

(480) 633-8293

or visit

www.TotalBack.com