

ERGONOMIC EXERCISES AND STRETCHES

- **EYES**

- Eye comfort exercises
 - Blinking
 - Yawning
 - Focus change
- EYE Palming
 - While seated, brace elbows on the edge of the desk
 - Let weight fall forward
 - Cup hands over eyes and close eyes
 - Inhale slowly through nose & hold for 4 seconds
 - Continue deep breathing for 15-30 seconds
- EYE Movements
 - Close eyes and slowly & gently move eyes up to the ceiling, then slowly down to the floor
 - Repeat 3 times
 - Close eyes and slowly & gently move eyes to the left, then slowly to the right
 - Repeat 3 times

- **NECK STRETCH**

- Tilt ear towards shoulder
- Reach up and touch top of head with palm to hold in tilted position
- Hold 5-10 seconds. Repeat 2-3 times (come out of stretch slowly)
- Reverse side and repeat

- **OVERHEAD REACH**

- Take a deep breath and reach up over head with both arms.
- Hold 5-10 seconds
- Exhale and lower slowly
- Repeat 2-3 times

- **SHOULDER PINCH**

- Place arms behind head being careful not to press hand into head
- Relax shoulders, and squeeze shoulder blades together while keeping shoulders back and down

- Hold 5-10 seconds. Repeat 2-3 times

- **SHOULDER SHRUG**

- Sitting up straight, slowly bring shoulders up toward your ears.
- Hold positions 5-10 seconds
- Then bring the shoulders down and hold
- Repeat 2-3 times

- **CHAIR ROTATION STRETCH**

- Sit in chair and place feet flat on floor
- Reach across your body and grab the back of the chair
- Pull gently to increase stretch in mid back
- Hold 5-10 seconds. Repeat 5 times
- Repeat on other side

- **ARMS BEHIND BACK STRETCH**

- Hold hands behind back and grasp hands together
- Pull shoulder blades back and down
- Hold 5 seconds. Repeat 5 times

- **FOOT ROTATIONS**

- While sitting upright, slowly rotate each foot from the ankles 3 times in one direction
- Then rotate 3 in the opposite direction

- **WRIST FLEXED AND EXTENDED**

- Hold arm straight at waist height
- With fingers of other hand, gently press down above the knuckles, bending wrist down. (DO NOT hold at the fingers to push down.)
- Hold 5-10 seconds and repeat 2-3 times
- For extending, hold onto palm of hand and stretch wrist back. (DO NOT pull on fingers.)
- Hold 5-10 seconds and repeat 2-3 times.