

Exercises That Spell Relief For Those Who Spend A Lot Of Time At Their Computer

Wrists & Hands

- The “Wave”:
Place your arms over your head. With your fingers stretched, reach toward the ceiling.
- The Stretch:
Place your hands out in front of you. Then spread your fingers as far apart as possible.
- Rotating:
Rotate your wrists, keeping your fingers relaxed and your elbows still. First turn your palms up, and then rotate them down.
- Shake, Rattle & Roll:
Let your hands dangle from your wrists. Then shake your hands, first up and down, then sideways. Repeat as necessary.

Arms & Upper Back

- Yoga Position:
Put your palms together in front of your chest. Slowly lower your hands until you feel a mild stretch in your forearms.
- My Space:
Interlace your fingers and palms facing away from your body. Straighten your arms in front of you. Feel the stretch in your arms and upper back.

Shoulders and Upper Back:

- Kicked Back:
Interlace your fingers behind your head and pull your shoulder blades toward each other.
- The Roll:
Roll your shoulders forward and backward with your arms at your side.
- Rock & Roll:
Turn your head slowly from side to side. Tip your head toward your shoulders. Lower your chin to your chest.

Lower Back:

- The Twist:
Gently rotate your body to one side and hold. Rotate to the other side and hold.
- Standing Ovation:
Stand with your hands supporting your lower back. Gently arch your back.