

12 Stretches and Exercises for Computer Users

Important guidelines when stretching:

- Stretch only to the point of comfortable tension, then relax and hold
- If you feel any pain, stop immediately and relax
- Hold each stretch for at least 10 seconds
- Do not bounce while stretching
- Remember to breathe

1. Shoulder Rolls



Warm-up exercise

Shrug the shoulders up and rotate back.

Repeat 20 times.

2. Arm Circles



Warm-up exercise

With arms at a 90-degree angle to the body and palms facing down, make small circles in a clockwise direction. Complete 20 small circles. Repeat 20 small circles in a counterclockwise direction.

3. Shoulder and Chest Stretch



Slowly raise arms up and back until you feel a stretch in the front of the shoulders and chest.

4. Shoulder and Upper Arm Stretch



Grab elbow of extended arm with opposite arm; pull it toward chest.

Repeat on opposite side.

5. Forearm Flexors



Place hands together as pictured. Raise elbows until you feel a stretch in the palm side of forearms.

6. Forearm Extensors



Extend the right arm in front of the body at shoulder level. Make a fist. Rotate the arm so the palm is facing out. Bend the wrist until you feel a stretch in the back of your forearm. Repeat with the opposite arm.



PINNACOL
ASSURANCE

12 Stretches and Exercises for Computer Users (continued)

7. Low-back Relief



Stand with feet shoulder width apart. Tip head back, lean shoulders back, and hold.

8. Lateral Trunk Stretch



Raise right arm over the head. Slowly bend at the waist to the left side until you feel mild tension in your back. Repeat on the opposite side.

9. Quadricep Stretch



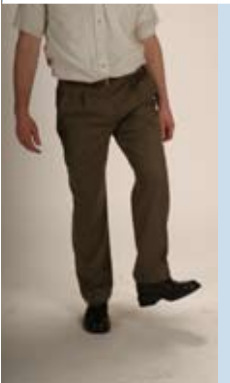
Slowly pull the ankle up and back until you feel a stretch in the front of the thigh. Repeat on opposite side.

10. Hamstring Stretch



Bend forward at the waist until you feel a stretch in the back of the thigh. Repeat on opposite side.

11. Ankle Circles



Warm-up exercise

Bend one knee until the foot is off the floor and slowly rotate the ankle clockwise. Repeat 20 times. Repeat 20 times in a counterclockwise direction. Repeat the same exercise with the opposite ankle.

12. Calf Stretch



Start with the feet together and step backward with the right foot. Bend the left knee and keep the right heel on the ground. Bend slightly forward at the waist. Hold this position until you feel a stretch in the calf muscle. Repeat the same stretch on the opposite side.

Questions? Contact your safety consultant at 303-361-4000 or 1-800-873-7242.

