

# EXERCISES AND STRETCHES FOR COMPUTER USERS

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## EYE COMFORT

- A. Blinking (produces tears to help moisten and lubricate the eyes)
- B. Yawning (produces tears to help moisten and lubricate the eyes)
- C. Expose eyes to natural light



## EYE MOVEMENTS

- A. Close eyes
- B. Slowly and gently move eyes up to the ceiling, then slowly down to the floor
- C. Repeat 3 times
- D. Close eyes
- E. Slowly and gently move eyes to the left, then slowly to the right
- F. Repeat 3 times

## FOCUS CHANGE

- A. Hold one finger a few inches away from the eye
- B. Focus on the finger
- C. Slowly move the finger away
- D. Focus far into the distance and then back to the finger
- E. Slowly bring the finger back to within a few inches of the eye
- F. Focus on something more than 8 feet away
- G. Repeat 3 times



## PALMING

- A. While seated, brace elbows on the desk and close to the desk edge
- B. Let weight all forward
- C. Cup hands over eyes
- D. Close eyes
- E. Inhale slowly through nose and hold for 4 seconds
- F. Continue deep breathing for 15-30 seconds

## DEEP BREATHING

- A. While standing, or in an otherwise relaxed position
- B. Place one hand on the abdomen and one on the chest
- C. Inhale slowly through the nose
- D. Hold for 4 seconds
- E. Exhale slowly through the mouth
- F. Repeat

## CABLE STRETCH

- A. While sitting with chin in, stomach in, shoulders relaxed, hands relaxed in lap, and feet flat on the floor, imagine a cable pulling the head upward
- B. Hold for 3 seconds and relax
- C. Repeat 3 times

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## **NECK STRETCH**

- A. Tilt head to one side (ear towards shoulder) B. Hold for 15 seconds
- C. Relax
- D. Repeat 3 times on each side



## **DIAGONAL NECK STRETCH**

- A. Turn head slightly and then look down as if looking in your pocket
- B. Hold for 15 seconds
- C. Relax
- D. Repeat 3 times on each side

## **SHOULDER SHRUG**

- A. Slowly bring shoulders up to the ears and hold for approximately 3 seconds
- B. Rotate shoulders back and down
- C. Repeat 10 times

## **EXECUTIVE STRETCH**

- A. While sitting, lock hands behind head
- B. Bring elbows back as far as possible
- C. Inhale deeply while leaning back and stretching
- D. Hold for 20 seconds
- E. Exhale and relax
- F. Repeat 1 time



## **FOOT ROTATION**

- A. While sitting, slowly rotate each foot from the ankle
- B. Rotate 3 times in one direction, then 3 times in the opposite direction
- C. Relax
- D. Repeat 1 time

## **HAND SHAKE**

- A. While sitting, drop arms to the side
- B. Shake hands downward gently
- C. Repeat frequently

## **HAND MASSAGE (NOTE: PERFORM VERY GENTLY!)**

- A. Massage the inside and outside of the hand using the thumb and fingers
- B. Repeat frequently (including before beginning work)



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## **FINGER MASSAGE (NOTE: PERFORM VERY GENTLY!)**

- A. Massage fingers of each hand individually, slowly, and gently
- B. Move toward nail gently
- C. Massage space between fingers
- D. Perform daily

## **WRIST STRETCH**

- A. Hold arm straight out in front of you
- B. Pull the hand backwards with the other hand, then pull downward
- C. Hold for 20 seconds
- D. Relax
- E. Repeat 3 times each

