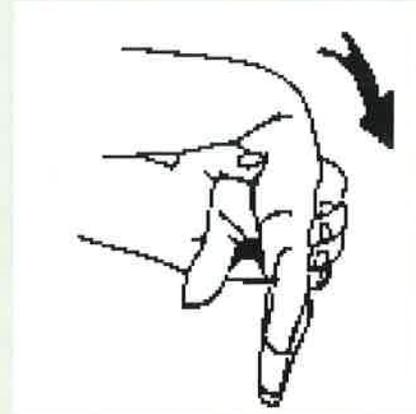


Chin Tucks

- Sit or stand naturally
- Tuck chin in and pull head straight back
- Hold for a count of 2
- Repeat 5 times, Hourly

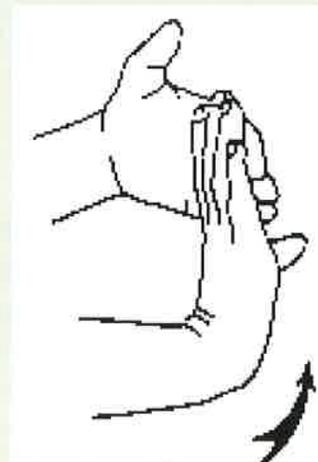
Wrist Extensor Stretch

- Keep elbow straight, but not locked
- Grasp involved hand and slowly bend wrist down until stretch is felt
- Hold for a count of 20
- Repeat 2 times, Hourly



Wrist Flexor Stretch

- Keep elbow straight, but not locked
- Grasp involved hand and slowly pull hand upward until a stretch is felt in the wrist
- Hold for a count of 20
- Repeat 2 times, Hourly



Posterior Shoulder Stretch

- Reach across to opposite shoulder
- Gently pull elbow in same direction
- Hold for a count of 20
- Repeat 2 times, Hourly

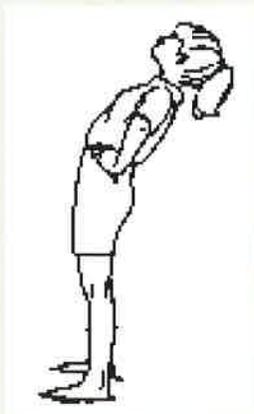
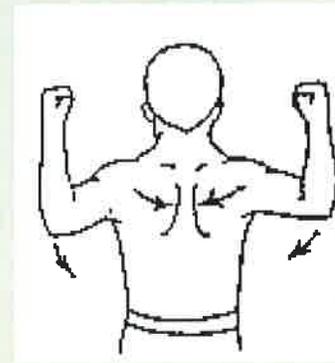


Posture Check

- Shrug shoulders upward
- Then backwards
- Lower slowly
- Repeat once every 15-20 minutes

Shoulder Retraction

- Stand with arms out to the side with elbows bent to 90
- Pinch shoulder blades together and push elbows toward back pockets
- Hold for a count of 20
- Repeat 2 times

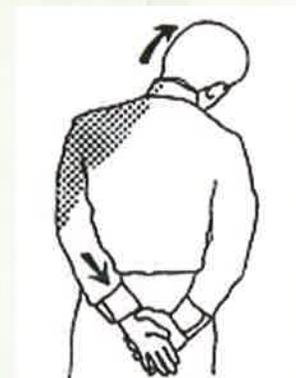


Standing Backward Bend

- Slowly arch your trunk backward
- Hold for a count of two
- Repeat 5 times
- Every 20 minutes of sitting

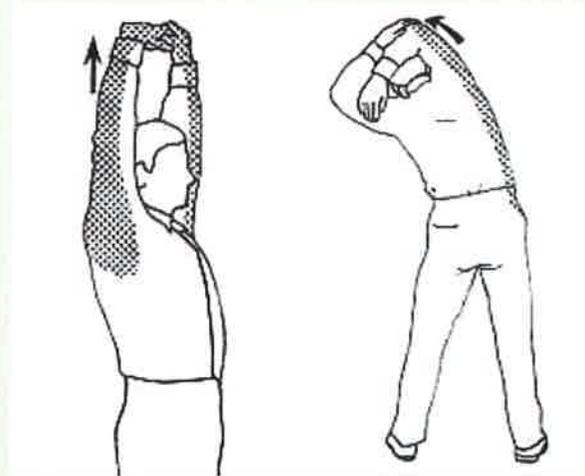
Neck Side Stretch

- Use one hand to grasp wrist of other behind back and pull down gently
- Tilt head away from arm being stretched
- Hold for a count of 20 for each side



Reach for the Sky

- Stand and clasp hands over head
- Stretch as high as you can towards sky and hold for a count of 20
- Grab one elbow and lean gently to opposite side
- Hold for a count of 20 and repeat for other side



Seated Twist

- Plant feet firmly on the floor (or one crossed over the other)
- Place one hand on outside of opposite knee and twist torso
- Hold for a count of 20 and repeat in other direction

Chest Expansion

- Sit with both feet on the floor
- Place both hands on either side of the spine, just below waist level
- Pull shoulders back and expand the chest
- Hold for a count of 20



