

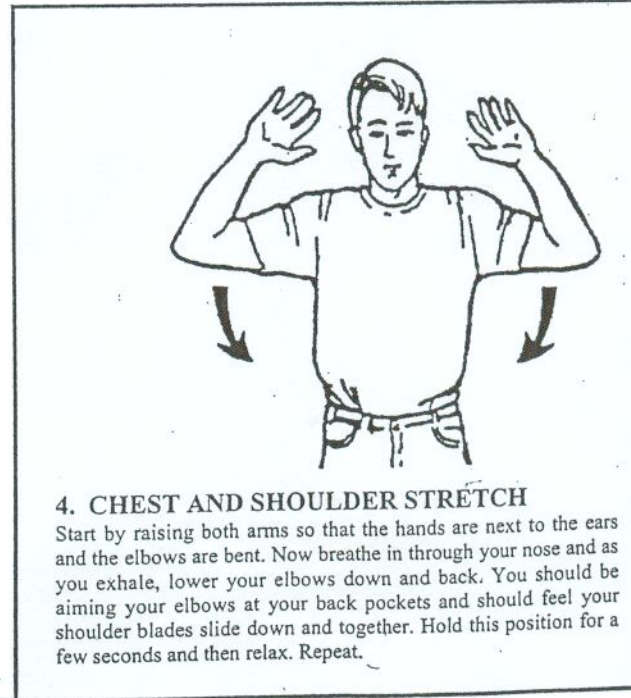
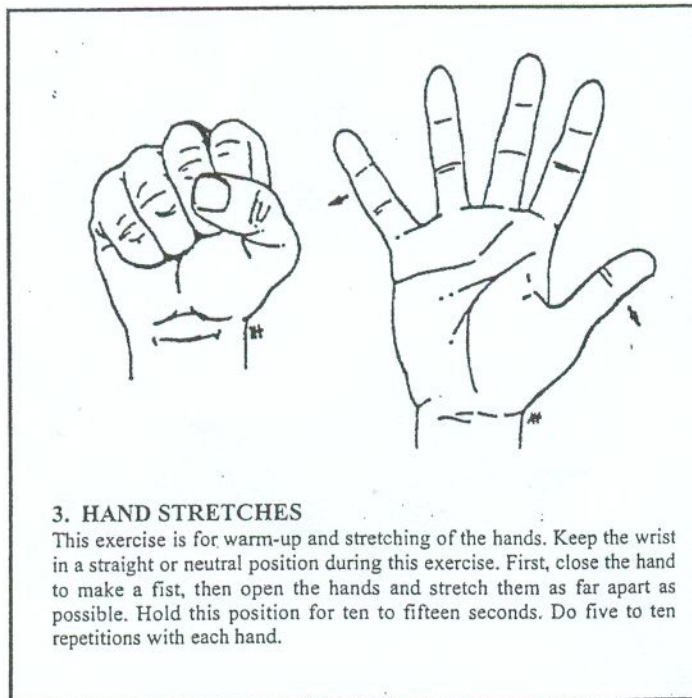
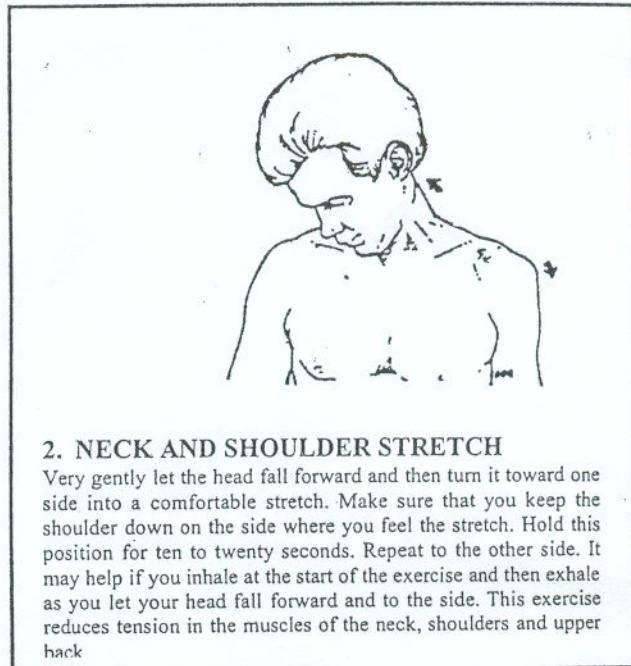
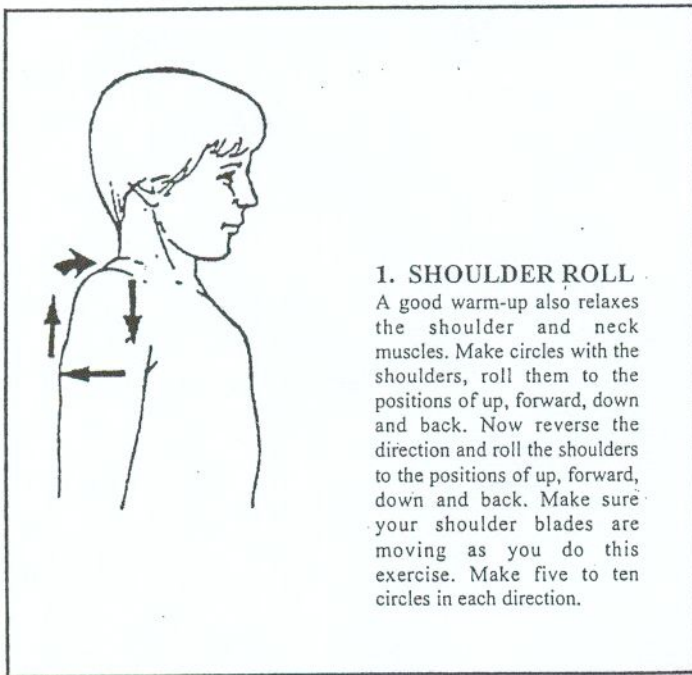
# Desk, Computer, & Workbench Exercises

## General Rules for Exercising

Working at a desk, workbench or computer terminal can cause muscle tension and discomfort. Prolonged postures and everyday stress along with a lack of exercise or improper exercise can cause a real problem. By taking a few minutes to do some warm-up, stretching and strengthening exercises, your neck, shoulders and arms will be healthier and your whole body will feel better.

1. Do them slowly and smoothly (without bouncing), maintain control and don't strain.
2. Slow, deep breathing during the exercises will be helpful.
3. Learn to do them spontaneously throughout the day.
4. Exercise any particular area of the body that feels tense or uncomfortable.
5. Do at least two repetitions of each exercise.

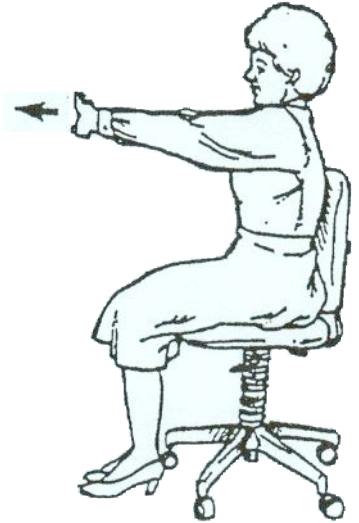
Note: If you have had any recent health problems, injury or surgery or if any of these activities cause you any pain, consult a health professional before starting this program.





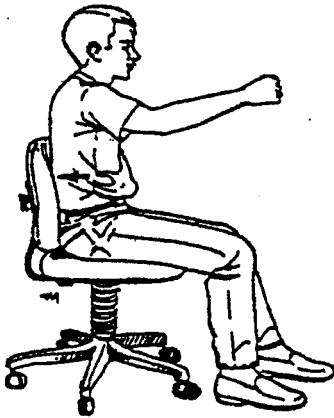
### 5. HANDS UP

This exercise stretches the arms and the rib cage. Interlace your fingers and then turn your palms upward above your head and press your hands up and straighten your arms. Hold for ten to fifteen seconds. Do not strain and keep your head up straight, as you do the stretch. Do two or three repetitions.



### 6. HANDS OUT FRONT

This stretches the arms and pulls the shoulder blades forward. Interlace your fingers and with your palms facing out, press your hands forward. Tilt the head forward a little while doing this stretch. Hold for fifteen to twenty seconds. Do two or three repetitions.



### 7. PELVIC TILT

This exercise strengthens your stomach and improves your posture. Place your hand on your stomach and dig your fingers in a little towards your abdominal muscles. Now tilt your hips so that you are pressing your lower back toward the seat. Hold it for about five seconds and then relax. You should be able to feel your stomach muscles tighten up during this "pelvic tilt." You can also try this exercise while you are standing up – particularly with your back against the wall, or while lying down on the floor or bed.



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