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**EXERCISES TO RESTORE PERFUSION TO OVERWORKED MUSCLES**  
 (Perform the below exercises once every hour while working at the computer)



**Chin Tuck**- Sit upright, retract chin as in the military attention. Hold 10 seconds, then relax to a more upright posture.

**Neck Stretch** - Place right hand on left shoulder. Gently tip head away from right hand. Keep facing forward. Hold 10 seconds. Repeat other side.

**Elbow Stretch** – Arm out straight, palm facing down. Curl fist toward the floor, deviate hand toward little finger. Hold 10 seconds. Repeat other arm.



**Wrist Stretch** – Hold right palm up. Place left hand fingers atop left palm. Push right hand backwards and stretch elbow straight. Hold 10 seconds. Repeat other hand.



**Relaxation Response** – Sit upright. Inhale deeply, shrug shoulders, clench your fists. Do not clench teeth by keeping your tongue resting on the roof of your mouth. Hold 3 seconds. Exhale and relax 5 seconds. Repeat twice.



**Hamstring Stretch** - Sit upright in chair, maintain your spine in a neutral upright position while slowly straightening your leg. Hold 10 seconds.



**Standing Back Bend** - Stand feet apart with hands on Lower back. Gently lean Backwards. Keep your chin down. Hold for 3 seconds.

- None of these exercises should cause pain. If any of the above exercises cause pain, try to modify the exercise by stretching more gently. If modifying the exercise does not eliminate the pain, then stop doing the exercise.**