

Relaxing at Your Computer Monitor

Do not do these exercises if you have any medical condition that could prove harmful.

HEAD TILT - TO THE SIDE _____



Tilt head **slowly** to each side.
Repeat 3 times.

_____ HEAD TURN



Turn head to right as far as you can. Turn head to left as far as possible.
Repeat 3 times.

SHOULDER ROLLS FORWARD _____



Let arms hang loosely at sides. Raise shoulders and roll in **forward** circle.
Repeat 5 times.

_____ SHOULDER ROLLS BACKWARD



Let arms hang loosely at sides. Raise shoulders and roll in **backward** circle.
Repeat 5 times.

SHOULDER STRETCH _____



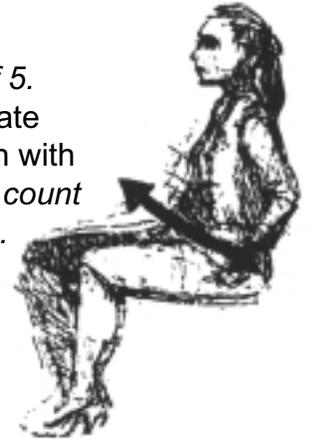
Extend arms to the side. **Gently** squeeze shoulder blades together by moving arms backward. *Hold for a count of 3.* Then move arms forward. Rotate arms so that back of hands touch each other. *Hold for a count of 3. Repeat entire exercise 5 times.*

LEG LIFTS



Grip the shin of your right leg with both hands. Pull leg towards chest. *Hold for a count of 3. Repeat 3 times.* Repeat exercises with left leg.

HIP ROTATIONS



Sit up straight. Rotate hips forward. *Hold for a count of 5. Relax. Repeat 5 times.* Rotate the hips back. Form an arch with your lower back. *Hold for a count of 5. Relax. Repeat 5 times.*

ANKLE ROTATIONS



Raise one foot. Rotate in a circle 5 times. Reverse direction and rotate 5 times. *Repeat with other foot.*

ANKLE STRETCH



Raise one foot. Point toe down. *Hold for a count of 3.* Point toe up. *Hold for a count of 3. Repeat 3 times.* Perform exercise with other foot.

BACKWARD AND FORWARD STRETCH

Sit up straight. Place hands behind head—elbows out. Extend backward **slowly**. *Hold for a count of 3.* Come forward. Drop arms to sides. Get chest as close to knees as possible. *Hold for a count of 3. Repeat entire exercise 3 times.*

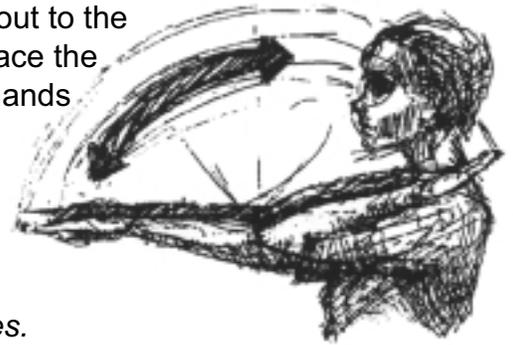


CURLS



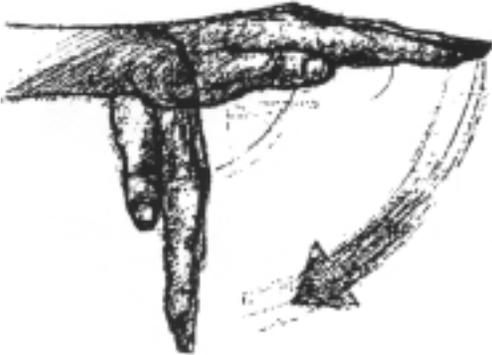
Stretch arms out to the front. Palms face the **ceiling**. Raise hands and touch shoulder. Lower hands to start position. *Repeat 5 times.*

REVERSE CURLS



Stretch arms out to the front. Palms face the **floor**. Raise hands and touch shoulder. Lower hands to start position. *Repeat 5 times.*

WRIST FLEXING UP



Extend arms to front. Palms face the **floor**. Raise hands slowly. Return to start position. *Repeat 5 times.*

WRIST FLEXING DOWN



Extend arms to front. Palms face the **floor**. Lower hands slowly. Return to start position. *Repeat 5 times.*

FINGER STRETCHES



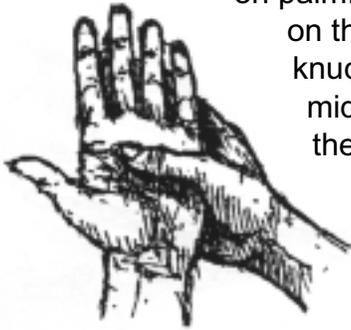
Make a fist. Hold for a count of 3. Slowly open hand. Stretch fingers apart. Hold for a count of 3. *Repeat 5 times.*

FINGER STRENGTHENING



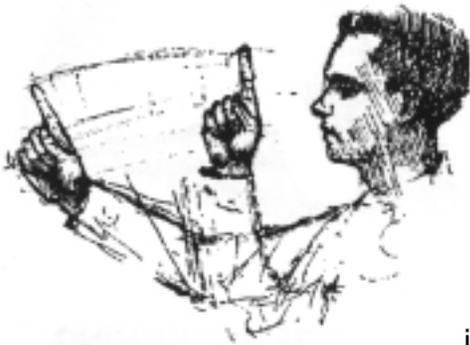
Grip a soft surface with fingers (ball, edge of chair, etc.) Squeeze tight. Hold for a count of 3. *Repeat 5 times.* Shake your hands from side to side with no tension in the wrist.

HAND MASSAGE



Open hand. Place thumb of other hand on palm. Place middle fingers on the space between the knuckles of the index and middle fingers. Massage the area gently. Move to area between the middle and ring fingers. Massage gently. Move to area between ring and little fingers. Massage gently. Move to base of the thumb. Massage gently. *Repeat with other hand.*

FOCAL DISTANCE



(CILIARY MUSCLES) Hold finger 6 inches from eyes. Slowly extend your arm. Move arm to the side. Focus on a distant object for a count of 5. Bring finger back into line of vision. Focus on finger. Bring finger slowly towards eyes. *Repeat 3 times.*

DEEP BLINKING



Close eyes *tightly*. Hold for a count of 5. Open eyes wide. Hold for a count of 5. *Repeat 3 times.*

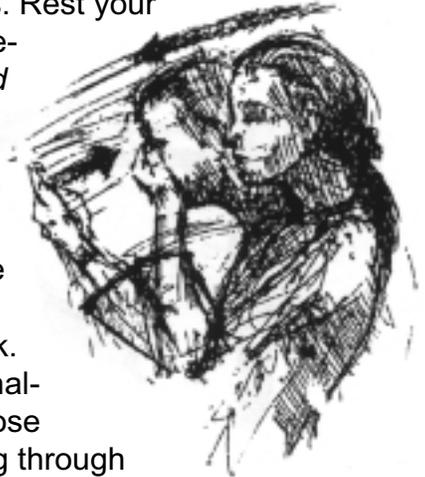
FINGER MASSAGE

Gently massage each finger, moving from palm to nail. *Repeat with other hand.*



PALMING

Support elbows on a flat surface. Cross your hands and form shallow cups. Place the heels of your hands on the cheekbones. Rest your fingers on your forehead. *There should be no pressure on the eyes themselves!* Close eyes. Adjust hands so that there is no light. Relax shoulders and back. Breathe deeply, inhaling through your nose slowly and exhaling through your mouth. *Repeat deep breathing 10 times.* Open your eyes **slowly** so they can adjust to the light.



DIRECTION

(OCULOMOTOR MUSCLES) *Note:* Hold head still throughout exercise. Close eyes. Look up and down. *Repeat 5 times.* Open eyes *slowly*. Close eyes. Look left then right. *Repeat 5 times.* Open eyes *slowly*.

