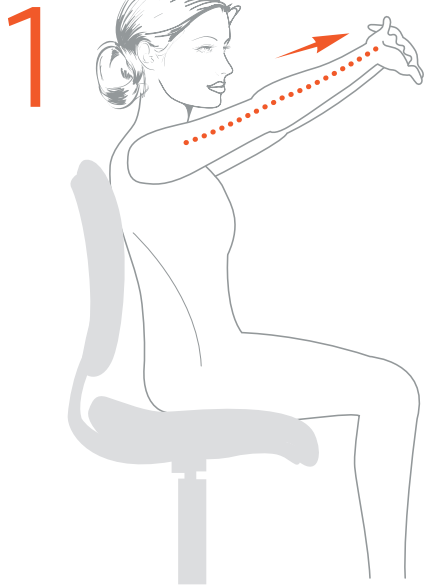
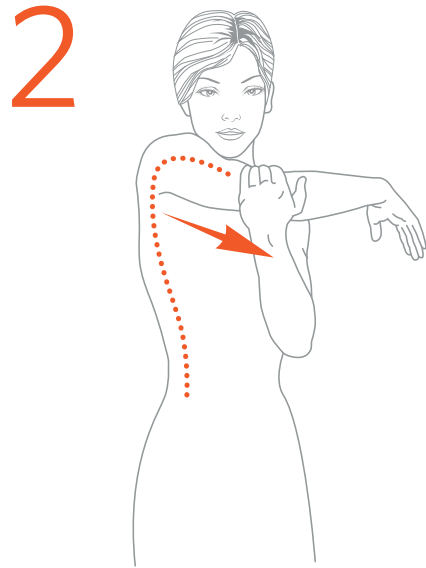


# ERGONOMOMIC EXERCISES



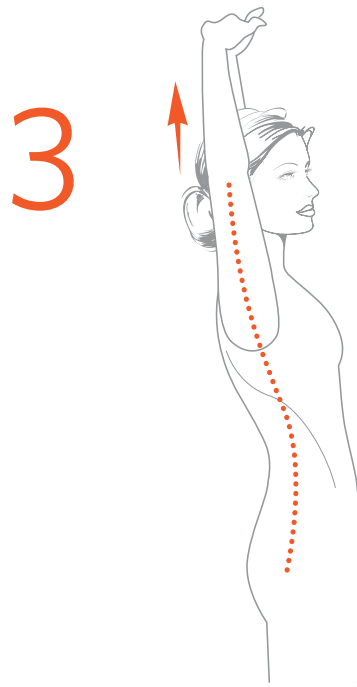
**Shoulder Stretch:**

With hands in front of body, interlace fingers and turn palms away from body. Gently straighten elbows and reach. Hold stretch for 10-20 seconds. Repeat at least twice.



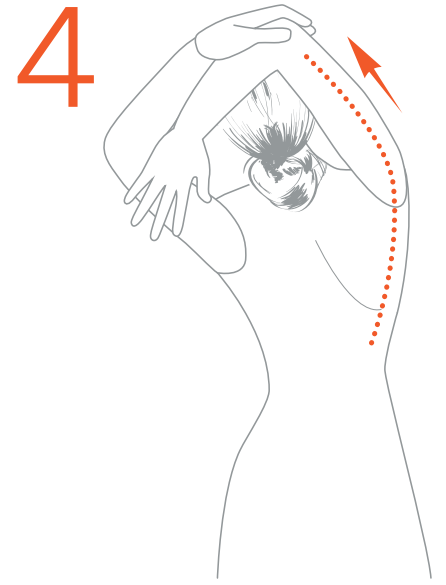
**Shoulder Stretch:**

Use your left hand to grasp your right arm above the elbow. Pull shoulder height at right arm across your chest. Hold for 8-10 seconds. Repeat for other shoulder.



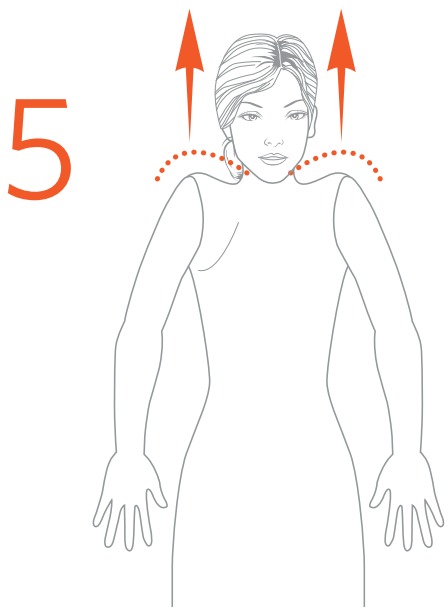
**Upper Body Stretch:**

Interlace fingers, turn palms upward and straighten arms above head. Elongate arms to stretch through upper sides of your rib cage. Hold for 15-20 seconds.



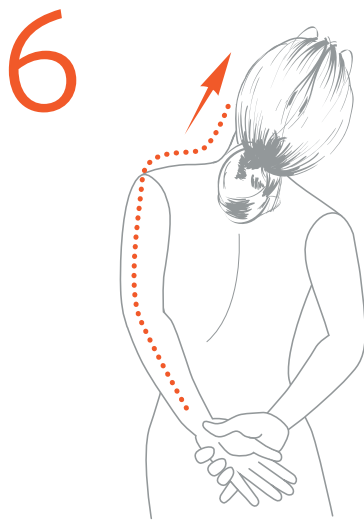
**Triceps Stretch:**

With arms overhead, hold right elbow with left hand. Gently pull elbow behind your head, creating a stretch down your right side. Hold for 8-10 seconds. Reverse position and repeat on left side.



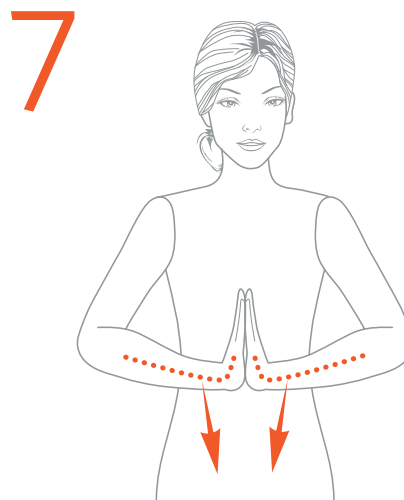
**Shoulder Shrugs:**

Raise the top of your shoulders toward your ears until you feel the stretch in your neck and shoulders. Hold for 3-5 seconds. Repeat 2-3 times.



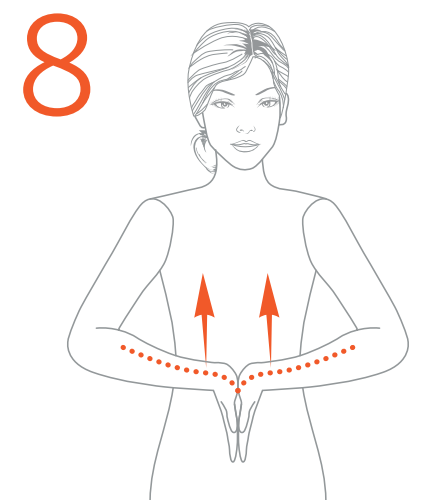
**Neck Tilts:**

Place arms behind your back, grasp one wrist with opposite hand and pull while tilting head away from the arm you are stretching. Hold for 8-10 seconds. Reverse and repeat.



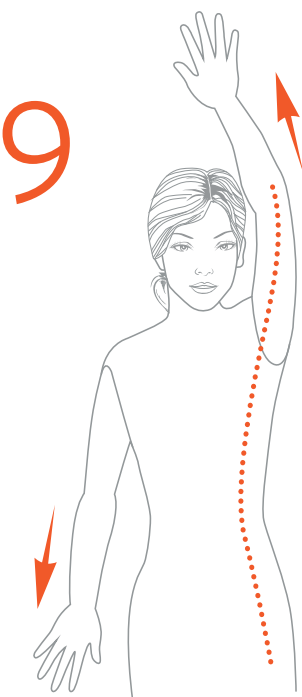
**Wrist/Forearm Stretch:**

Place hands at chest height palm to palm, fingers pointing up. Push hands and forearms downward. Keep palms together and elbows even. Hold for 10 seconds. Repeat 3 times.



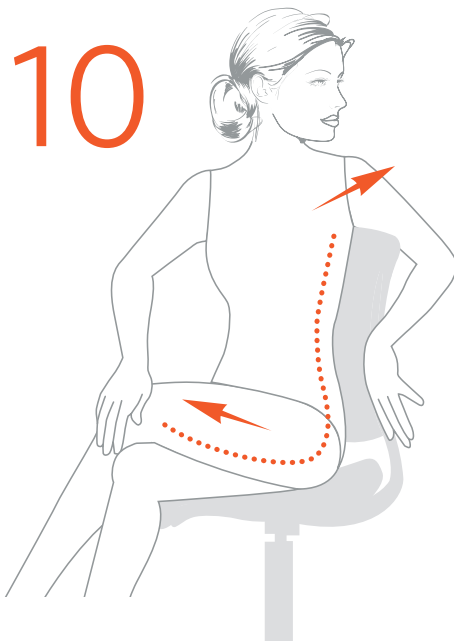
**Wrist/Forearm Stretch:**

Place hands at chest height palm to palm, fingers pointing down. Pull hands and forearms upward. Keep palms together and elbows even. Hold 10 seconds. Repeat 3 times.



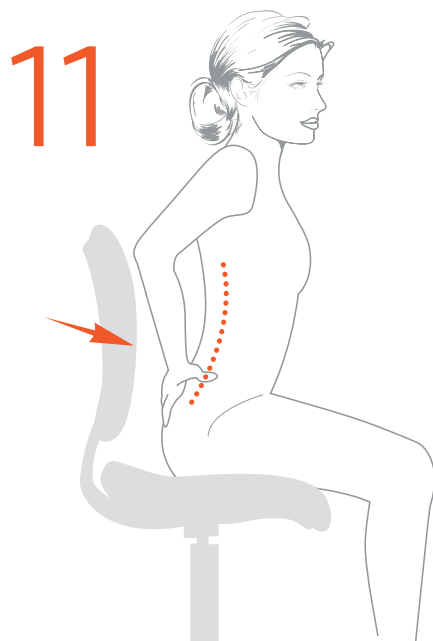
**Side Stretch:**

Stand or sit with back straight. Push one hand downward while stretching opposite hand up and over head. Hold for 8-10 seconds. Repeat for opposite side.



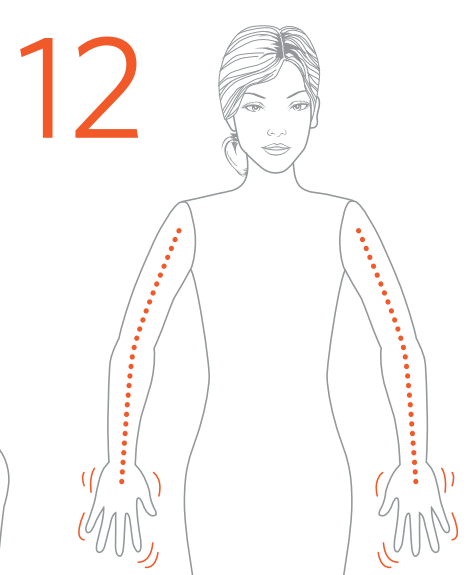
**Back and Hip Stretch:**

Cross left leg over right leg. Keeping shoulders square with the front of your body, look over left shoulder. Place right hand on left knee and apply pressure. Hold for 8-10 seconds. Repeat on other side.



**Lower Back Stretch:**

Place palms on lower back, fingers pointing downward. Gently push your palms forward and bend your spine backwards. Hold for 10-15 seconds. Repeat 2-3 times.



**Hand, Wrist & Forearm Relaxation:**

Relax hands and arms at your side. Shake hands and arms for 30 seconds to loosen tension.