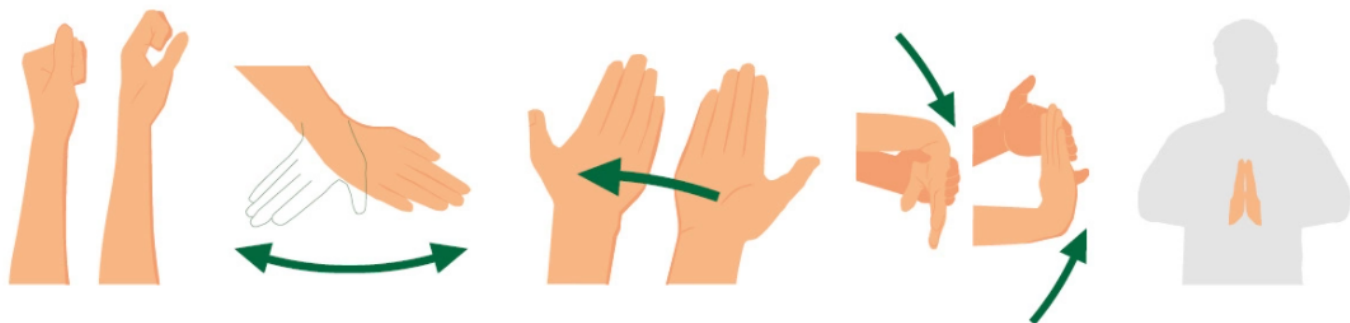


Desk exercises for your fingers, wrists and forearms



Finger exercise

- Make a fist with your thumb sticking straight up, not tucked under your fingers.
- Slide your fingertips up your palm, so your finger tips move towards the base of your fingers until you feel a stretch.
- Hold this position for a slow count of 10.
- Repeat 3 – 5 times.

Wrist stretch exercise

- Hold your hand open, facing down and move your wrist from side to side until a stretch is felt at each extreme.
- Hold at each side for a slow count of 10.
- Repeat 3 – 5 times.

Wrist rotate exercise

- Hold your elbow close to the side of your body, slowly rotate your palm upwards and then downwards until stretch is felt at each extreme.
- Hold each way for slow count of 10.
- Repeat 3 – 5 times.

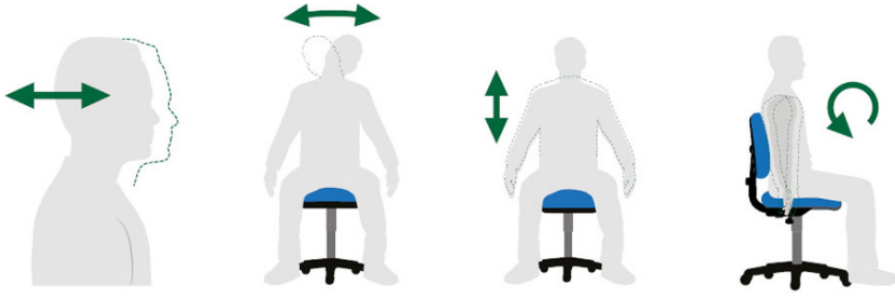
Wrist bend exercise

- Hold the upper part of your hand with your other hand and slowly bend your wrist down and then upwards until a stretch is felt at each extreme.
- Hold each for a slow count of 10.
- Repeat 3 – 5 times.

Forearm exercise

- Sit with your elbows out and your palms together, then slowly rotate your palms down until a stretch is felt.
- Hold for a slow count of 10.
- Repeat 3 – 5 times.

Desk exercises for your neck and shoulders



Neck stretch

- Sit or stand upright. Without lifting your chin, glide your head straight back until a stretch is felt (as if you are trying to make a double chin).
- Hold for a slow count of 10.
- Return to neutral position.
- Repeat 3 – 5 times.

Neck exercise

- Drop your head slowly to one side, taking your ear towards your shoulder until you feel a gentle stretch.
- Hold for a slow count of 10.
- Repeat 3 – 5 times.

Shoulder stretch

- Raise your shoulders towards your ears until you feel a slight tension across the tops of your shoulders.
- Hold up for a slow count of 10.
- Return to neutral position.
- Repeat 3 – 5 times.

Shoulder roll

- Sitting with your back supported, slowly roll your shoulders up and backwards in circular motion.
- Repeat 10 times.

Desk exercises for your back



Back exercise one

- Interlace your fingers and lift your arms above your head, keeping your elbows straight.
- Pressing your arms back, slowly stretch to one side.
- Hold for slow count of 10.
- Repeat 3 – 5 times to each side.

Desk exercises for your legs and ankles



Leg stretch exercise

- Slowly lift one leg, straightening your knee.
- Hold for a slow count of 10.
- Repeat 3 – 5 times with each leg.

Ankle stretch exercise

- Lift your ankle clear of the floor.
- Alternately flex and extend ankle in a pumping action.
- Repeat 10 times with each ankle.