

Exercises - The Face

WARM UP

Big Mouth

Sit in a neutral position. Inhale and open your mouth wide.

Exhale and close your mouth, keeping your jaw centred. Don't let your jaw move from side to side.

Repeat ten times.

This exercise increases circulation in jaw muscles, stretches the muscles used for chewing.

Squinch

Sit in a neutral position. Inhale.

Exhale and squinch up your whole face, including your eyes as though you tasted something bitter.

Hold for three seconds. Relax your face muscles. Repeat.

This exercise releases the muscles of the face and jaw and increases circulation.

Wow

Sit in a neutral position. Inhale.

Exhale and open your mouth. Form the word "wow" with your mouth, exaggerating so that your mouth opens up wide on the "ow."

Repeat five times.

This exercise stretches the muscles of the lower face, mouth, and jaw and increases circulation.

STRETCHES

Errrrr

Sit in a neutral position with your mouth relaxed and partially open. Inhale.

Exhale and move your jaw to the right. Inhale.

Exhale and move your jaw to the left.

Repeat ten times to each side.

This exercise stretches the jaw muscles, increases circulation in jaw muscles.

STRENGTHENING

Clench It

Sit in a neutral position with your mouth closed.

Place your tongue on the roof of your mouth. Inhale.

Exhale and clench your teeth together lightly, keeping your tongue on the roof of your mouth. Hold for three seconds.

Relax your jaw and tongue muscles. Repeat ten times.

This exercise strengthens the jaw muscles and increases circulation in the jaw muscles.

JAW RELAXER

Self Massage

Sit in a neutral position. Place your index fingers on your jaw, just behind your earlobes. Inhale.

Exhale and gently massage the joint, continuing to breathe. Pay special attention to areas that are tight or sore.

This exercise relaxes and loosens up the jaw and helps flush out irritating waste products.

•Exercises - The Eyes•

WARM UP

Dozer

Sit in a neutral position. Inhale. Exhale and let your eyes close gently. Keep your eyes closed for ten seconds, continuing to breathe. Open your eyes. Repeat.

This exercise relaxes and moistens the eyes, helps prevent eye fatigue.

STRETCHES

Upstairs-Downstairs

Sit in a neutral position. Inhale. Exhale. Keeping your head still, raise your eyes upwards and focus on something in that line of vision.

Hold for a couple of seconds. Drop your eyes down, focusing on something in that line of vision. Repeat.

This exercise stretches the muscles of the eyes, increases circulation and helps prevent eye fatigue.

Eye Slide

Sit in a neutral position. Inhale. Exhale. Keeping your head still, move your eyes to the right, focusing on something in that line of vision.

Hold for a couple of seconds. Move your eyes to the left, focusing on something in that line of vision. Repeat.

This exercise stretches the muscles of the eyes, increases circulation and helps prevent eye fatigue.

Side-watcher

Sit in a neutral position. Inhale. Exhale. Keeping your head still, move your eyes to the upper right hand diagonal corner. Hold for a couple of seconds. Lower your eyes to the lower left hand diagonal corner.

Close your eyes briefly.

Repeat, going to the upper left hand diagonal corner and then to the lower right hand diagonal corner.

This exercise stretches the muscles of the eyes, increases circulation and helps

prevent eye fatigue.

STRENGTHENING

Near and Far

Sit in a neutral position facing a window or something far away.

Inhale. Exhale.

Focus your eyes on something close to you, such as your computer screen or your desk.

Then focus on something far away from you, such as the horizon or a person across the room.

This exercise strengthens and relaxes the muscles of the eye and helps prevent eye fatigue.

•Exercises - The Neck•

STRETCHES

Forward Stretch

Sit in a neutral position. Place your right hand on the top of your head with your nose pointing at your elbow. Extend your spine upwards. Inhale.

Exhale and gently pull your head forward and down towards your chest. You should feel a stretch at the base of your neck and your upper back.

Breathe and hold for fifteen seconds. Slowly raise your head back to neutral. Repeat with your left hand.

This exercise stretches the levator scapula (muscles at the back of the neck), increases circulation in head and neck and helps prevent neck pain.

Side Stretch

Sit in a neutral position. Place your right hand on top of your head with your elbow pointing to your right.

Grab the bottom of your chair with your left hand. Extend your spine upwards. Inhale.

Exhale and lower your head towards your right shoulder, pulling gently with your right hand. Breathe and hold for fifteen seconds.

Slowly bring your head back to neutral and release the chair. Repeat with your left hand on your head and your right hand grabbing the chair.

This exercise stretches the muscles on the sides of the neck, especially the sternocleidomastoid, increases circulation in head and neck, helps prevent neck pain.

Head Nods

Sit in a neutral position. Extend your spine upwards. Inhale.

Exhale and let your head drop gently to the front. Breathe and let your neck muscles relax.

Hold for ten seconds. Inhale and bring your head slowly up to neutral. Exhale and repeat to the right side. Repeat to the back left and the back.

When you go to the back be careful not to collapse your spine back. Just tilt your head back a little to stretch the throat muscles.

This exercise stretches the anterior triangle, sternocleidomastoid, and levator scapulae (front, side and back neck muscles), increases circulation in head and neck.

Strike a Pose

Sit in a neutral position. Place your left hand on the back of your head with your elbow almost in front of your face.

Turn your head halfway towards your left shoulder (45 degrees). Inhale.

Exhale and gently pull your head forwards towards your left leg. Breathe and hold for fifteen seconds. Slowly bring your head back up to neutral and release your hand. Repeat on the right side.

This exercise stretches levator scapular (back neck muscles), increases circulation in head and neck and helps prevent neck pain.

Head Rolls

Sit in a neutral position. Extend your spine up. Inhale.
Exhale and gently lower your head forward. Inhale.

Exhale and roll your head to the right side. Inhale.
Exhale and roll your head up, being careful not to collapse the spine back.

Inhale. Exhale and roll your head to the left side. Inhale.
Exhale and roll your head forward. Inhale.

Exhale and bring your head back up to neutral.
Repeat going to the left side first.

This exercise stretches the anterior triangle, sternocleidomastoid, and levator scapulae (front, side and back neck muscles), increases circulation in head and neck, helps prevent neck pain

STRENGTHENING

Forehead Slap

Sit in a neutral position. Place your right palm on your forehead. Inhale.

Exhale and, holding your head still, try to push your head backwards with your hand. Resist and don't let your head move. Hold for five seconds, continuing to breathe.

Repeat five times.

Repeat five times with left hand.

This exercise strengthens neck flexors (front neck muscles), increases neck stability.

Sideways Push

Sit in a neutral position. Place the palm of your right hand on the right side of your head, just above the ear. Inhale.

Exhale. Hold your head still and try to push your head to the left with your right hand. Resist and don't let your head move.

Hold for five seconds, continuing to breathe. Repeat five times.

Repeat five times with your left hand.

This exercise strengthens side neck muscles, and increases neck stability.

You Don't Say

Sit in a neutral position. Inhale.

Exhale. Looking straight ahead, press your chin with your right index finger.

Feel your head glide back on your spine. Hold for five seconds, continuing to breathe.

Repeat five times.

Repeat five times with your left index finger.

This exercise strengthens postural muscles at back of neck, and stretches neck muscles.

·Exercises - The Shoulders·

STRETCHES

The Directors Pose

Sit in a neutral position. Interlace both of your hands behind your head, keeping elbows pointing forwards. Inhale.

Exhale and slowly press your elbows back until you feel a slight stretch in your chest and shoulder area. Hold for ten seconds, continuing to breathe.

Release your elbows and let them glide back to the starting position. Repeat five times.

This exercise stretches the pectorals (chest muscles), internal rotators (shoulder muscles that rotate the arm inwards) and increases circulation in arms.

Arm Pull

Sit in a neutral position. Interlace your fingers behind your back, palms facing your back. Inhale.

Exhale and slowly straighten your elbows, turning your elbows inwards. Inhale.

Exhale and lift your sternum (breastbone) slightly towards the ceiling. Hold for fifteen seconds, continuing to breathe. Repeat.

This exercise stretches the pectorals (chest muscles), external rotators (shoulder muscles that rotate the arm outwards), increases circulation in arms, helps prevent arm and shoulder pain and fatigue.

Torso Releaser

Stand in a neutral position. Place your hands just above the back of your hips, elbows pointing back. Inhale.

Exhale and gently extend your sternum (breastbone) towards the ceiling. Let your head follow gently.

Hold for fifteen seconds, continuing to breathe. Repeat.

This exercise stretches the chest, torso and back muscles, increases circulation in chest and back, helps prevent back pain.

Zipper

Sit in a neutral position. Bring both hands behind your back at waist level, palms

facing your back. Inhale.

Exhale and, with your right hand, slowly bring your left hand up your spine until you feel a stretch in your shoulder.

Hold for ten seconds, continuing to breathe. Slowly lower both hands. Repeat five times.

Repeat five times with your right hand, assisting with your left hand.

This exercise stretches the external rotator (shoulder muscles that rotate the arm outwards), increases circulation in arms.

Victory Shake

Sit in a neutral position. Clasp your right hand in your left hand. Inhale.

Exhale and gently pull your right hand across your chest towards your left shoulder. Try to keep your torso facing forwards.

Hold for fifteen seconds, continuing to breathe. Repeat with your left hand.

This exercise stretches the muscles of the shoulder and upper back, increases circulation in shoulders and back.

Overhead

Sit in a neutral position. Interlace your fingers. Inhale.

Exhale and turn your palms toward the ceiling, lifting them over your head and gently straightening your elbows.

Hold for fifteen seconds, continuing to breathe. Lower your hands back down to your lap. Repeat.

This exercise stretches the muscles of the shoulder and upper back, increases circulation in shoulders and upper back.

Shoulder Holder

Sit in a neutral position.. Grasp your right wrist with your left hand behind your back at waist level. Inhale.

Exhale and slowly pull your right arm down and across your back. Tilt your head to the left. Hold for fifteen seconds, continuing to breathe.

Repeat with your left arm, assisting with your right hand.

This exercise stretches the muscles of the shoulders and neck, increases circulation in shoulders and neck.

Reach for the Sky

Sit in a neutral position forward in your seat. Extend your right arm above your head, pointing straight upwards. Extend your left arm down towards the floor. Inhale.

Exhale and slowly extend both arms as far as possible in either direction. Hold for fifteen seconds, continuing to breathe. Repeat with your left arm extending up and your right arm extending down.

This exercise stretches the muscles of the shoulders and arms and increases circulation in shoulders and arms.

STRENGTHENING

Butterfly

Sit in a neutral position. Inhale. Exhale and glide your shoulder blades towards one another, keeping your shoulders as relaxed as possible.

Continuing to breathe. Hold for five seconds.

Repeat five times.

This exercise strengthens the rhomboids (postural muscles at back of shoulders and upper back), helps prevent rounded shoulders, upper back and shoulder pain, tingling, numbness and shooting pain down arms.

I Dunno

Sit in a neutral position with arms hanging at your sides. Inhale.

Exhale and shrug your shoulders up. Hold for five seconds, continuing to breathe. Lower your shoulders and relax.

Repeat five times.

This exercise strengthens upper trapezius (muscles that elevate the shoulder and support the head), increases circulation, helps prevent rounded shoulders, pain in neck, upper back and shoulders, tingling numbness and shooting pain down arms.

The Bouncer

Sit in a neutral position. Cross your arms over your chest. Lift your elbows up to shoulder level and keep your arms crossed. Inhale.

Exhale and gently pull your arms back, letting your shoulder blades glide together.

Hold for five seconds, continuing to breathe.

Repeat five times.

This exerciser strengthens the rhomboids (postural muscles at back of shoulders and upper back), helps prevent rounded shoulders, upper back and shoulder pain, tingling, numbness and shooting pain down arms.

SELF MASSAGE

Shoulder Massage

Sit in a neutral position. Place your hands on your shoulders at the base of your neck. Place elbows on a surface if necessary. Inhale.

Exhale and massage your shoulders with your fingertips, moving along the crest of your shoulder girdle. When you reach the edge of the bony mass of your shoulder girdle, stop and return to the base of your neck.

Repeat, continuing to breathe.

This exercise relaxes the muscles of the lower neck and shoulder and helps flush out irritating waste products.

Shoulder Massage II

Where your arm meets your back. Inhale.
Exhale. Using your fingertips, massage the joint.

Pay special attention to areas that are tight or sore. Your right side may be especially tight or sore because of using a computer mouse.

Repeat, massaging your left shoulder joint with your right hand.

This exerciser relaxes the muscles of the shoulder joint and helps flush out irritating waste products.

Shoulder Massage III

Sit in a neutral position. Cross your arms and place each palm on the opposite shoulder. Inhale.
Exhale. Using your fingers and palms, massage the outer muscles of your shoulders and upper arms, moving down your upper arms towards your elbows.

When you reach your elbows, move back up to your shoulders and start again.

This exerciser relaxes the muscles of the shoulder and upper arms and helps flush out irritating waste products.

•Exercises - The Back•

LOWER BACK STRETCHES

Pelvic Tilt (Remember to do this on the bed...)

Lie on back, knees bent, feet flat on the bed. Press the small of your back against the mattress, or until you feel a gentle stretch. Hold 10 - 20 seconds. Repeat.

This exercise can also be done sitting in a chair and pressing the small of your back against the back-rest.

Pelvic Twist

Lie on back, knees bent, feet flat on floor, arms stretched straight out at sides. Slowly lower both knees to one side until you feel a gentle stretch in the lower back and hip. Pause and return to starting position. Switch sides.

Repeat 10 times.

Shin Slide

Sit in a neutral position. Shuffle up to the front of your chair. Place your hands on your knees. Inhale.

Exhale and slowly slide your hands down your shins to your feet. You should feel a slight stretch in your lower back. Breathe deeply from your abdomen. Hold for ten seconds.

Slide your hands back up to your knees and slowly push yourself up to the starting position.

Repeat five times.

This exercise stretches extensor muscles of lower back, increases circulation into lower back muscles, relaxes the lower back, and helps prevent lower back pain.

Look Over Your Shoulder

Sit in a neutral position. Inhale. Exhale and slowly reach with your left hand towards your right armrest, twisting at the waist.

Keep your right arm on its armrest. For an added stretch, grab the armrest with your left hand. Take deep breaths and hold for ten seconds.

Slowly return to neutral. Repeat with your right hand. Repeat five times on each side, alternating sides.

This exercise stretches the muscles on the sides of the waist, increases circulation into lower back muscles, relaxes the lower back muscles, helps prevent lower back pain.

Armrest Hang

Sit in neutral position. Let your arms hang down on the outside of your armrests. Inhale.

Exhale. Keeping both buttocks firmly on your seat, slowly bend over your right armrest, leading with your head.

Grab your left armrest with your left hand and relax into the stretch, reaching towards the wheel of your chair.

Breathe deeply from your abdomen. Hold for ten seconds. Slowly return to neutral.

Repeat on the left side.

Repeat five times on each side, alternating sides.

This exercise stretches the abdominal obliques, quadratus lumborum (muscles on the sides of the waist), back-shoulder muscles, sternocleidomastoid (side neck muscles), increases circulation into back, neck, and shoulder areas, relaxes the lower back muscles, helps prevent lower back pain.

Give Yourself a Hug

Sit in a neutral position. Cross your right arm over your left, giving yourself a hug. Inhale.

Exhale and slowly curve your spine. Hold for five seconds, continuing to breathe. Inhale.

Exhale and lengthen your spine back up to neutral. Uncross your arms and switch them, crossing your left arm over your right. Repeat.

This exercise stretches the muscles of the upper back and shoulders, increases circulation in the shoulders.

Thigh Lift

Sit in a neutral position. Place your hands behind and above your right knee. Inhale.

Exhale and gently pull your right knee up towards your chest. Hold for fifteen seconds, continuing to breathe. Lower your right leg slowly back to the floor. Repeat with the left leg.

This exercise stretches the hamstrings and lower back, increases circulation in the

legs and back, helps reduce back tension, helps prevent back pain.

Torso Twist

Sit in a neutral position. Cross your left leg over your right. Place your right hand on your left knee. Inhale.

Exhale and slowly twist to the left, pushing gently with your right hand. Continue the twist, looking over your left shoulder, until you feel a gentle stretch.

Hold for fifteen seconds, continuing to breathe. Untwist your torso and uncross your legs. Repeat, crossing your right leg over your left and assisting with your left hand.

This exercise stretches the muscles of the lower back, side of the hip and neck, increases circulation in back, hips and neck, helps reduce tension, helps prevent back pain.

STRENGTHENING

Back Press

Sit in a neutral position. Inhale. Exhale and press your lower back into the back of your chair, feeling your abdominal muscles hollow out. Hold for five seconds. Repeat ten times.

This exercise strengthens the lower abdominal muscles, stabilizes the lower back, helps prevent back pain.

Knee Press

Sit in a neutral position. Lift your right knee toward the ceiling until your foot is about six inches from the floor.

With your foot raised, press down on your knee with your right palm. Resist and don't let your leg move. Hold for five seconds.

Repeat five times on both sides.

This exercise strengthens the lower abdominal and lower back muscles, strengthens the hip flexors (muscles of the upper leg), stabilizes the lower back, helps prevent back pain.

·Exercises - Arms & Elbows·

WARM UP

The Barbell

Sit in a neutral position. Let your arms rest comfortably at your sides, outside of the armrests. Make fists with both hands. Inhale.

Exhale and slowly bend your elbows, bringing your hands up towards your shoulders, your closed palms facing you. Inhale.

Exhale and slowly straighten your elbows, bringing them back down to your sides. Repeat ten times.

This exerciser increases circulation in entire arm and helps prevent Tennis Elbow.

Noodles

Sit in a neutral position with your arms hanging at your sides outside of the armrests. Inhale.

Exhale and gently shake your arms, rotating them in and out. Let the muscles of your arms relax as you shake them.

Shake for five seconds.

Pause and repeat, continuing to breathe.

This exercise increases circulation in the arms and elbows, relaxes the arm, helps prevent Tennis Elbow.

STRETCHES

Pour the Coffee

Sit in a neutral position. Extend your right arm out in front of you at shoulder height. Make a fist. Inhale.

Exhale and bend your wrist downward, rotating your arm inward as though you are pouring something. Hold for ten seconds, continuing to breathe. Repeat five times.

Repeat five times with your left arm.

This exercise stretches the wrist extensors (muscles from the outside of your wrist to your inner wrist) and helps prevent Tennis Elbow.

STRENGTHENING

Back-handed Desk Lift

Sit in a neutral position facing your desk. Place your hands under your desk with your palms facing the floor. Inhale.

Exhale and press the backs of your hands against the desk top. Try to keep your shoulders as relaxed as possible.

Don't actually try to lift the desk, just press against it. Hold for five seconds, continuing to breathe.

Repeat five times.

This exercise strengthens the wrist extensors (muscles from the outside of your wrist to your inner wrist) and helps prevent Tennis Elbow and Carpel Tunnel Syndrome.

SELF MASSAGE

Forearms

Sit in a neutral position. Place your left hand on your right forearm, just below the elbow. Inhale.

Exhale. Using your fingertips, massage the muscles of your forearm from your elbow to your wrist. Pay attention to areas that are sore or tight.

Once you reach your wrist, start again from your elbow. Repeat on your left forearm, massaging with your right hand.

This exercise increases circulation in the arms and helps flush out irritating waste products that build up from computer work.

•Exercises - Hands & Wrists•

WARM UP

Handshake

Sit in a neutral position. Raise your hands and forearms in front of your chest. Inhale.

Exhale and shake your hands from the wrist, as though you are shaking water off of your hands. Shake for ten seconds, continuing to breathe.

Relax your arms by your sides. Repeat.

This exercise helps prevent Carpal Tunnel Syndrome.

Thumb Sweep

Sit in a neutral position. Place your forearms on your armrests, palms facing up. Point each thumb out to the side. Inhale.

Exhale and sweep your thumb across your palm towards your pinkie finger. Sweep your thumb back out to the side.

Repeat ten times with both hands.

This exercise increases circulation in thumb and the hand.

Abacadabra

Sit in a neutral position. Place your forearms on your armrests with your hands extending past the armrests, palms facing down. Inhale.

Exhale and slowly close your hands into a loose fist. Slowly open your hands. Repeat ten times, continuing to breathe.

This exercise increases circulation in hands and wrists, relieves tension and stress in hands and wrists, helps prevent Carpal Tunnel Syndrome.

Cuticle Check

Sit in a neutral position. Place your forearms on your armrests and let your hands hang down over the edge of the armrests. Inhale.

Exhale and slowly lift your hands up as far as they will comfortably go. Repeat ten times in each direction. Continuing to breathe.

This exercise increases circulation in the hands, relieves tension and stress in wrists and hands, flushes out waste products from the carpal tunnel region and the hand, and helps prevent Carpal Tunnel Syndrome.

Wrist Circles

Sit in a neutral position with your arms resting on your armrests. Slide your forearms forward slightly and make loose fists with both hands. Inhale.

Exhale and slowly rotate both wrists outwards, letting your forearms follow the movement. Rotate outwards ten times, continuing to breathe.

Keeping your hands in loose fists, rotate inwards ten times, continuing to breathe. You should feel a slight stretch in your wrists during the rotations.

Increase the range of the circles slightly if you don't feel a stretch.

This exercise stretches the wrist muscles, increases circulation in wrists, and helps prevent Carpal Tunnel Syndrome.

Double Wrist Circles

Sit in a neutral position. Clasp your hands in front of you, interlacing your fingers. Inhale.

Exhale and rotate your wrists clockwise. Repeat ten times, continuing to breathe.

Repeat ten times counter-clockwise.

This exercise stretches the wrists, increases circulation in wrists.

Finger Cascade Out

Sit in a neutral position with your arms resting on your armrests. Turn your palms upwards. Inhale.

Exhale and, starting with your pinkie finger, slowly fold each finger into your palm in this order: pinkie, ring, middle and forefinger. Inhale.

Exhale and slowly unfold each finger, going in the reverse order: forefinger, middle, ring, pinkie.

You may not be able to articulate each finger fully independent from the others. Don't worry about that, just concentrate on trying to move each finger.

Repeat five times both folding and unfolding the fingers.

This exercise stretches the finger and wrist muscles, increases circulation in hands and wrists, helps prevent Carpal Tunnel Syndrome.

Finger Cascade In

Sit in a neutral position with your arms resting on your armrests. Turn your palms upwards. Inhale.

Exhale and, starting with your forefinger, slowly fold each finger into your palm in this order: forefinger, middle, ring, pinkie. Inhale.

Exhale and slowly unfold each finger, going in the reverse order: pinkie, ring, middle, forefinger.

You may not be able to articulate each finger fully independent from the others. Don't worry about that, just concentrate on trying to move each finger.

Repeat five times both folding and unfolding the fingers.

This exercise stretches the finger and wrist muscles, increases circulation in hands and wrists, helps prevent Carpal Tunnel Syndrome

Finger Circles

Sit in a neutral position with your arms resting on your armrests. Turn your palms upwards. Inhale.

Exhale and, starting with your forefinger, slowly fold each finger into your palm in this order: forefinger, middle, ring, pinkie. Inhale.

Exhale and slowly unfold each finger, going in the reverse order: pinkie, ring, middle, forefinger.

You may not be able to articulate each finger fully independent from the others. Don't worry about that, just concentrate on trying to move each finger.

Repeat five times both folding and unfolding the fingers.

This exercise stretches the finger and wrist muscles, increases circulation in hands and wrists, helps prevent Carpal Tunnel Syndrome.

Finger Pull

Sit in a neutral position. Inhale.

Exhale. With your left hand, gently pull your right index finger, holding it for about three seconds. Repeat with each finger and with your thumb.

Repeat with the fingers and thumb of your left hand.

This exercise stretches the fingers and increases circulation in the fingers and hands.

STRETCHES

Break at the Wrist

Sit in a neutral position. Extend your right arm in front of you at shoulder height, palm down. Bend your right wrist down, fingers pointing toward the floor. Inhale.

Exhale. Using your left hand, gently push the fingers of your right hand towards you, bending your wrist slightly further. Hold for ten seconds, continuing to breathe. Repeat five times.

Repeat five times with your left arm, assisting with your right hand.

This exercise stretches the wrist extensors and finger extensors (muscles at the top of wrist), which work during typing or using a mouse, increases circulation in wrists and hands, reduces the stress placed on wrists from working at a computer, and helps prevent Carpal Tunnel Syndrome.

Twiddle Dee Dee

Sit in a neutral position. Place your arms on your armrests and interlace your fingers. Inhale.

Exhale and twiddle your thumbs backwards ten times. Release your hands and let them hang at your sides for a few seconds.

This exercise increases circulation in the thumb.

Hammer Nail

Sit in a neutral position. Place your forearms on your armrests. Point your thumbs toward the ceiling and make a fist with each hand. Tuck your thumbs into your fists, holding them firmly. Inhale.

Exhale and tilt your wrists forward and away from you as though you are hammering a nail. Hold for ten seconds in forward position, continuing to breathe. Repeat five times.

This exercise stretches the thumb extensors and abductors (tendons that run from your wrist along the top of your thumb).

Stop in the Name of Love

Sit in a neutral position.. Straighten your right arm in front of you at shoulder height, palm down. Bend your right wrist back, fingers pointing to the ceiling. Inhale.

Exhale and, with your left hand, gently pull back your right fingers, stretching your wrist. Hold for ten seconds, continuing to breathe. Repeat five times.

Repeat five times with your left wrist, assisting with your right hand.

This exercise stretches the wrist flexors and finger flexors (muscles that run through the carpal tunnel and insert into the palm), increases circulation in wrists and hands, and helps prevent Carpal Tunnel Syndrome.

Under-handed Stretch

Sit in a neutral position. Straighten your right arm in front of you at shoulder height, palm up. Bend your right wrist down, fingers pointing to the floor. Inhale.

Exhale and, with your left hand, gently push your right fingers toward you, stretching your wrist. Hold for ten seconds, continuing to breathe.

Repeat five times. Repeat five times with your left wrist, assisting with your right hand.

This exercise stretches the wrist flexors and finger flexors (muscles that run through the carpal tunnel and insert into the palm), increases circulation in wrists and hands, and helps prevent Carpal Tunnel Syndrome.

The Block

Sit in a neutral position, at least arms length away from your computer, Interlace your fingers in your lap. Inhale.

Exhale and push your hands out to shoulder level, turning your palms away from you. Straighten your elbows. Hold for ten seconds, continuing to breathe.

Inhale and lower your hands to your lap, turning them in. Repeat five times.

This exercise stretches the wrist flexors and finger flexors (muscles that run through the carpal tunnel and insert into the palm), increases circulation in wrists and hands, and helps prevent Carpal Tunnel Syndrome.

Open-handed Stretch Up

Sit in a neutral position. with your hands on your thighs, palms up. Inhale.

Exhale and open your hands as wide as possible. Hold for five seconds.

Slowly close your hands into loose fists. Repeat five times, continuing to breathe.

This exercise stretches the muscles of the palms and fingers, increases circulation in hands, helps prevent Carpal Tunnel Syndrome.

Open-handed stretch Down

Sit in a neutral position with your hands on your thighs, palms down. Inhale.

Exhale and open your hands as wide as possible. Hold for five seconds.

Slowly close your hands into loose fists. Repeat five times, continuing to breathe.

This exercise stretches the muscles of the palms and fingers, increases circulation in hands, helps prevent Carpal Tunnel Syndrome.

Wrist Grab

Sit in a neutral position. Extend your right hand to shoulder level, palm facing the ceiling. With your left hand, reach under your forearm and hold your right thumb and palm. Inhale.

Exhale and slowly turn your right wrist and forearm out and down with your left hand until you feel a mild stretch. Hold for fifteen seconds, continuing to breathe. Repeat with your left arm, assisting with your right hand.

This exercise stretches the wrists and forearms, increases circulation in wrists and forearms.

Horse Rider Out

Sit in a neutral position. Extend your arms to shoulder level, hands in loose fists, palms down. Inhale.

Exhale and slowly turn your wrists out until you feel a slight stretch in your wrists, keeping the tops of your hands facing the ceiling.

This exercise stretches the wrists and forearms, increases circulation in wrists and forearms, helps prevent Carpal Tunnel Syndrome.

Like a Prayer

Sit in a neutral position. Place your hands together, palm to palm at chest height. Inhale.

Exhale and press your hands together, moving them downward towards your belly button until you feel a mild stretch.

Hold for fifteen seconds, continuing to breathe. Repeat.

This exercise stretches wrists, forearms and hands, increases circulation in wrists, forearms and hands, helps prevent Carpal Tunnel Syndrome.

Hands Down

Sit in a neutral position. Place your hands together, palm to palm at chest height. Inhale.

Exhale and press your hands together, moving them downward towards your belly

button until you feel a mild stretch.

Rotate your palms until your fingertips point towards the floor. Don't worry if your wrists won't rotate all the way down, just go as far as you feel comfortable.

Hold for fifteen seconds, continuing to breathe. Repeat.

This exercise stretches wrists, forearms and hands, increases circulation in wrists, forearms and hands, helps prevent Carpal Tunnel Syndrome.

Hand Push

Sit in a neutral position. Place your hands together, palm to palm at chest height. Inhale.

Exhale and push your right palm against your left palm until you feel a mild stretch. Hold for fifteen seconds, continuing to breathe.

Release your right palm. Repeat, pushing your left palm against your right palm.

This exercise stretches the wrists, forearms and hands, increases circulation in wrists, forearms and hands, helps prevent Carpal Tunnel Syndrome.

STRENGTHENING

Thumb Push

Sit in a neutral position. Place your forearms on your armrests. Make a fist with your right hand. Point your right thumb toward the ceiling. Inhale.

Exhale and gently pull back on your right thumb with your left hand. Resist and don't let your right thumb move.

Hold for five seconds, continuing to breathe. Repeat ten times.

Repeat ten times with your left thumb, assisting with your right hand.

This exercise strengthens the thumb adductors and flexors (muscles that run along the inside of your thumb).

Thumb Pull

Sit in a neutral position. Place your forearms on your armrests. Make a fist with your right hand. Point your right thumb toward the ceiling. Inhale.

Exhale and gently push forward on your right thumb using your left hand. Resist and don't let your right thumb move.

Hold for five seconds, continuing to breathe. Repeat ten times.

Repeat ten times with your left thumb, assisting with your right hand.

This exercise strengthens the thumb adductors and flexors (muscles that run along the inside of your thumb).

Desk Lift

Sit in a neutral position, resting your arms on your armrests. Slide your hands under your desk with your palms facing upwards. Inhale.

Exhale and press your palms up against the desk. Don't try to actually lift the desk. Hold for five seconds, continuing to breathe.

This exercise strengthens the wrist flexors (muscles that run from your wrists to the inner side of your elbow).

·Exercises - Feet & Ankles·

WARM UP

Ankle Circles

Sit in a neutral position. Extend your lower right leg slightly, but don't straighten your knee. Inhale.

Exhale and slowly rotate your right foot outwards. Repeat ten times, continuing to breathe. Lower your leg back to the floor.

Repeat ten times with your left foot. Repeat ten times with both feet, rotating inwards.

This exercise stretches the muscles of the ankles and feet, increases circulation in ankles and feet, and helps release tension from sitting.

Tiptoe

Sit in a neutral position. Inhale.

Exhale and raise your heels up towards your calves, keeping your toes on the floor. Hold for five seconds.

Lower your heels back to the floor. Repeat five times.

This exercise stretches the muscles of the feet and ankles, increases circulation in ankles and feet, and helps release tension from sitting.

STRETCHES

Pigeon-toed

Sit in a neutral position. Extend your lower right leg slightly, but don't straighten your knee. Inhale.

Exhale and point your toes inwards towards your left leg. Hold for ten seconds, continuing to breathe. Lower your foot back to the floor.

Repeat with your left foot.

This exercise stretches the muscles of the ankles and increases circulation.

Winger

Sit in a neutral position. Extend your lower right leg slightly, but don't straighten

your knee. Inhale.

Exhale and point your toes outwards. Hold for ten seconds, continuing to breathe. Lower your foot back to the floor.

Repeat with your left foot.

This exercise stretches the muscles of the ankles and increases circulation.

STRENGTHENING

Foot Point

Sit in a neutral position. Extend your lower right leg slightly, but don't straighten your knee. Inhale.

Exhale and slowly point your foot, moving through your arch, the ball of your foot, and your toes. Hold for five seconds. Inhale.

Exhale and slowly flex your foot, beginning with your toes and moving through the ball of your foot and the arch. Repeat five times. Repeat five times with your left foot.

This exercise strengthens the muscles of the calves and feet, increases circulation in the feet, ankles and calves.