

## DESK EXERCISES



### Finger Stretch

- Stretch your hands out, palms down, fingers spread apart
- Hold for a count of five
- Make hands into fists, curving wrists gently inward
- Release



### Wrist Stretch

- Place one arm at your side
- Grasp your forearm with the other hand
- Bend your hand upward from the wrist
- Hold for a count of five
- Relax, repeat three times

Repeat using the other arm



### Shoulder Rolls

- Move shoulders up toward your ears, hold, then drop
- Roll shoulders forward in three slow circles, then back in three slow circles
- Squeeze shoulder blades together, then release
- Repeat entire sequence

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### Neck Stretch

- Slowly bend your head from side to side, moving your ear toward your shoulder
- Repeat three times
- Slowly drop your head forward and then back three times
- Repeat the entire sequence



### Back Stretch

- Stand up and place your hands on your hips toward the small of your back
- Slowly lean back as far as you can, tilting your head to gently stretch your neck
- Be sure to support your back with your hands and arms!
- Return to normal position