EXERCISES to reduce Fatigue and strain
while working on computers and other sedentary work

The following exercises are designed to prevent muscle fatigue and pain from sustained positioning at work. You don't need to perform all the exercises at one time. **It is better to concentrate on the stiff or tight areas of your body which will vary** depending on your tasks. Never stretch to the point where you feel pain, always apply a slow and gentle stretching action. If you have a medical condition or are undergoing treatment consult your medical practitioner before doing these exercises.

Repeat each exercise 3 to 5 times.

Back Arches
Stand up and place your hands on your buttocks as shown.
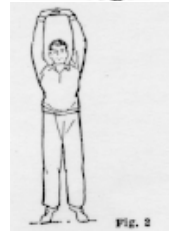Bend backwards as far as is comfortable then return to upright.

Shoulder Rolls
Circle shoulders forwards 3 to 5 times then backwards 3 to 5 times then relax with shoulder blades down and back.
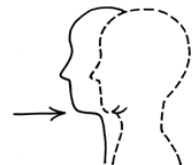
Upper limb stretch
Interlock your fingers. Keep tummy in, lift your arms above your head with your palms outwards. Stretch for 2-3 seconds then relax.

Neck Retraction
Pull head straight back keeping jaw and eyes level, then relax.
Don't poke your chin out.

Neck rotation

Retract neck (as in exercise above) then turn head slowly to the right. Return to the center then turn to look to the left. Relax.

Chair Rotation Stretch

Reach across body to grab the side of the arm rest/chair or back rest. Pull gently to increase the stretch in the middle of your back. Hold 5-10 seconds. Repeat on the other side.
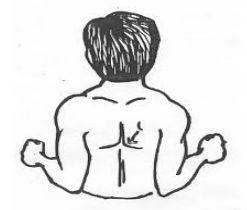
Neck muscle stretch

Keep nose pointing forward, keep shoulders down. Take ear slowly towards shoulder till stretch. Hold 10 seconds. You can use your hand to gently pull your head further if needed. Repeat on the other side.

Shoulder blade retraction

Stand with arms by side, tummy in, elbows bent to 90˚. Squeeze shoulder blades together, pulling down and back and turn arms out slightly. Hold 5 seconds and relax. This can be done standing against a wall.

Chest muscle stretch

Chest Muscle stretch
Grasp hands behind waist, keep shoulders down, pull tummy in, lift arms until stretch felt at front of chest. Hold 10 seconds then relax.
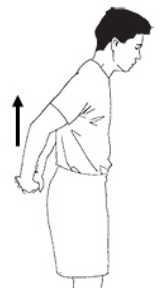
During computer (or lab) work we have a **posture load** and **repetition load** in the office, the home workstation and other tasks we may perform. Please be aware of and address both loads by stretching and strengthening on a daily basis.

Forearm stretches

Forearm/Wrist Flexion   Forearm/Wrist Extension

1. Hold arm straight out at waist height with palm facing downward. Point fingers to the floor and with other hand gently press down above knuckles (do not hold fingers) till mild to moderate stretch felt in forearm. Hold 10 seconds.
2. Arm position as above with palm facing upwards,point fingers to floor and apply gentle stretch with other hand. Hold 10 seconds.
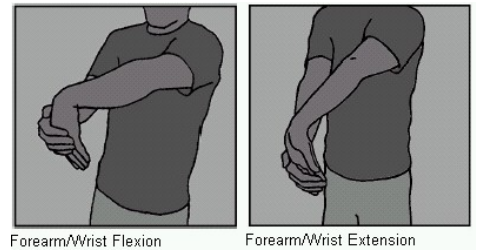
Eyes and vision:

Remember to blink frequently and periodically look away from the computer screen ("20:20:20" rule – every 20 minutes focus on a detail on something approx 20 metres away for approx. 20 seconds). Look at close-up work such as text in document – then into distance again. Repeat 3 times

Why? Keeps eyes moist and prevents squinting and eye muscle fatigue by exercising the focal lens muscles.

Re-set a good posture when returning to your seat | Wriggle and move your body a lot | 20 minutes in sitting before you need to stand (and move) for 2 minutes to maintain safe metabolism!

Stay Well!

Aim for a philosophy of balance – look after your body and mind!