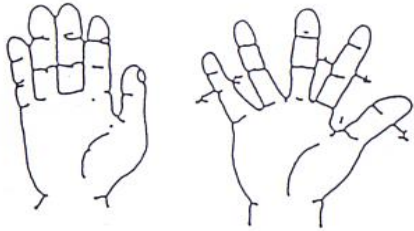


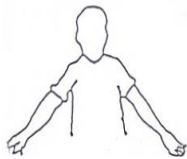
### Finger Stretch



Hold your left arm just above the elbow with the right hand. Now gently hold elbow toward opposite shoulder as you look over your left shoulder. Do both sides. Stretch to the point of comfort.



### Arm Stretch



Arms and palms back



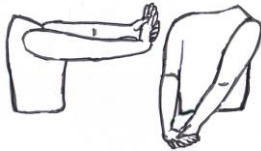
Arms up  
Palms forward

Hold your left elbow with right hand, then gently hold elbow behind head until an easy tension-stretch is felt in shoulder or back of upper arm (triceps). Do both sides.



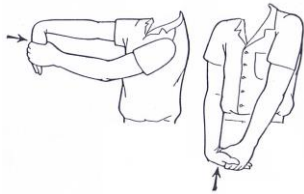
### Wrist Extension

Hold arms out to the front or down with elbow straight, bend wrist into extension with help of other hand.



### Wrist Flexion

Hold arm out in front or down with elbow straight, bend wrist into flexion with help of other hand.



### Side to Side Stretch

With hands behind head bend to right - hold 10 seconds, bend to left - hold 10 seconds.



### Ear to Shoulder

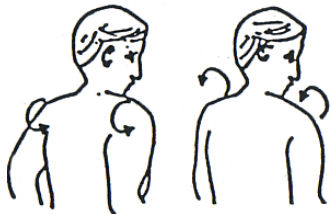


Move the right ear to the right shoulder...and shrug your shoulder! You should feel a stretch along the left neck and shoulder.

Hold for 5 seconds and relax. Repeat. Then do the same stretch on the left side. Repeat

### Backward Shoulder Roll

Bring shoulders up, back, and down. Relax.



Overlap hands, then straighten arms out in front of you. The palms should be facing away from you as you do this stretch. Feel stretch in arms and through the upper part of the back (shoulder blades).



**Note: Stretching, when done correctly should not be painful. It is normal to feel a pulling sensation in the muscle, but pain is to be avoided. If you are doing a stretch and you feel pain, discontinue the stretch. If you have had any problems, or surgery, please contact your health care provider before you start a stretching or exercise program.**

**DO EACH STRETCH SLOWLY!!!**

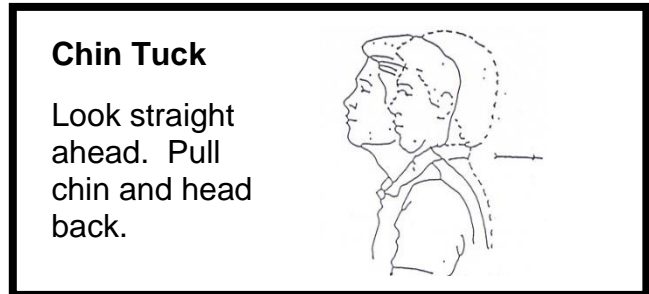
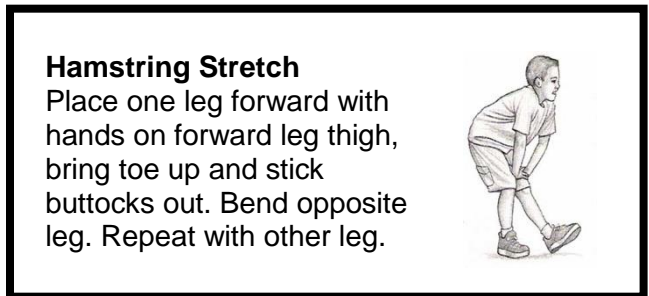
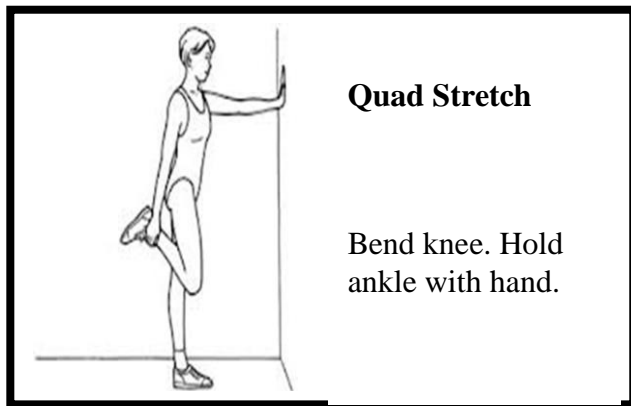
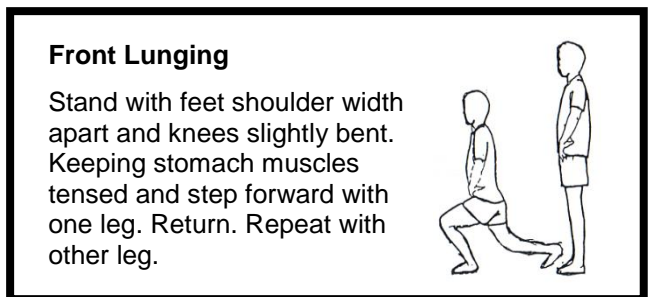
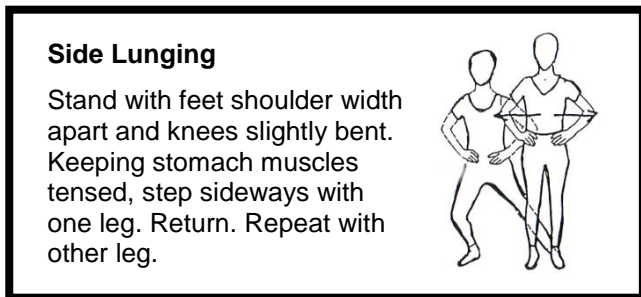
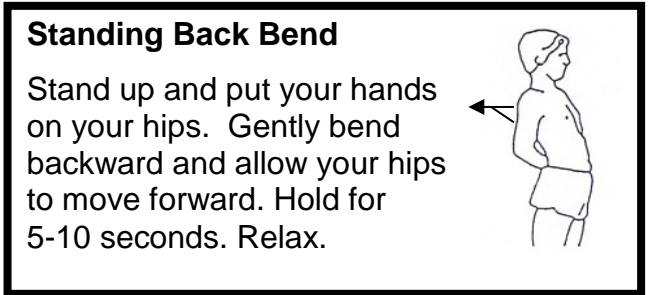
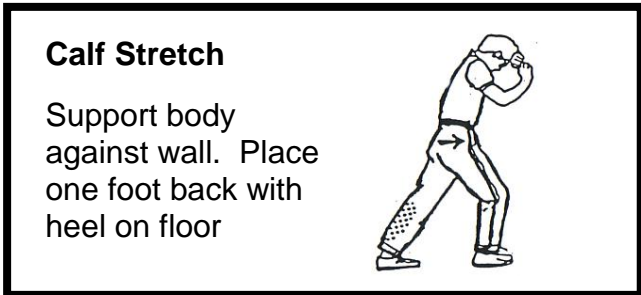
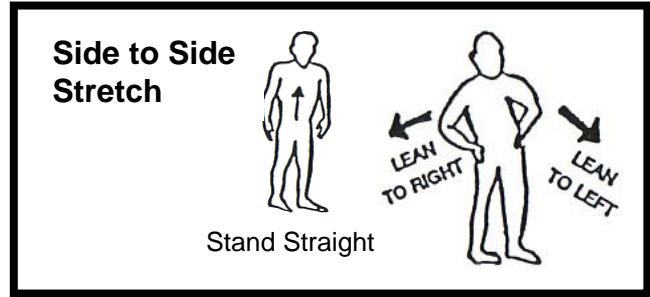
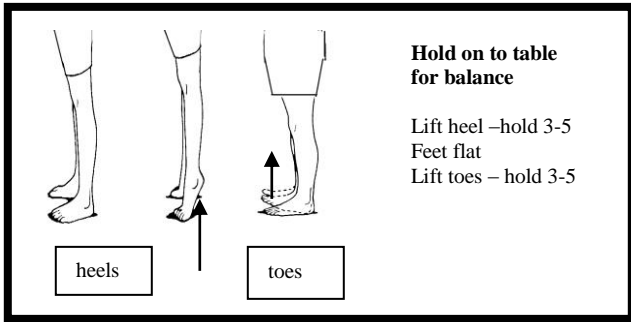
**HOLD EACH STRETCH ABOUT 15 SECONDS unless otherwise stated.**

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### Vision Breaks for Computer users

- Close your eyes, place palms gently over eyes and hold for about 1 minute.
- Look at and focus on something at least 20 feet away





**Note: Stretching, when done correctly should not be painful. It is normal to feel a pulling sensation in the muscle, but pain is to be avoided. If you are doing a stretch and you feel pain, discontinue the stretch. If you have had any problems, or surgery, please contact your health care provider before you start a stretching or exercise program.**

**DO EACH STRETCH SLOWLY!!!**

**HOLD EACH STRETCH ABOUT 15 SECONDS unless otherwise noted.**

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