



Exercises to Help Prevent Discomfort While Using a Computer.

Basic Information

The following exercises are designed to stretch the joints and muscles that are shortened while you work at a computer.

- Hold each stretch for 10 to 15 seconds.
- Be sure to keep breathing while stretching.
- Repeat each stretch two to three times.
- Repeat these stretches every one to two hours while working on the computer.
- Get up from your computer and walk around every two to three hours.
- Each stretch should be done slowly and carefully. *They should not hurt!*

The Neck



- Glide the head back as far as it will go, keeping head and ears level. Hold. Now glide the head forward. Hold.
- Tilt your ear towards your shoulder. Hold. Now repeat on the other side.
- Turn your body to the left and grasp the armrest or the back of your chair. Rotate your head to the left. Hold. Now repeat to the other side.

The Upper Back

- Push one arm up toward the ceiling with the hand stretched out. Hold. Repeat with the other arm.
- Place hands at shoulder height, palms forward, elbows down. Try to touch your elbows behind your back. Hold.



The Wrists



- Place palms together, point fingers toward ceiling. Keeping palms together, try to push the heels of the hands toward the floor. Hold.
- Place palms together, point fingers toward floor. Keeping palms together, try to push the heels of the hands toward the ceiling. Hold.

The Hands

- Make a tight fist. Hold. Stretch your fingers as far as you can. Hold.



The Lower Back



- Move forward slightly in the chair and place hands on the edges of the chair. Straighten up slowly, raising chest up and out. Hold.

*N.
Health*

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and Rehabilitation Sciences. Department of Occupational Therapy*

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