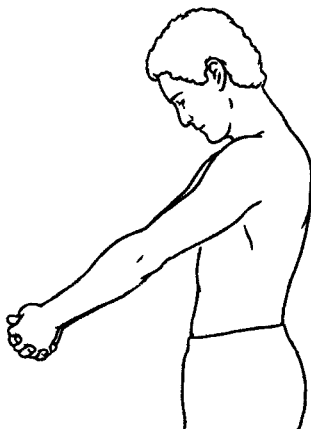


CERVICAL SPINE - 30
Lower Cervical / Upper Thoracic Stretch

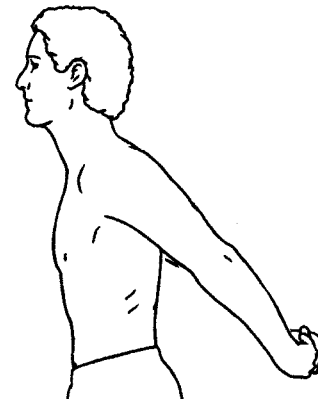
Clasp hands together in front with arms extended. Gently pull shoulder blades apart and bend head forward. Hold 30 seconds.



Repeat 3 times per set.
Do 1 sets per session.
Do 2 sessions per day.

CERVICAL SPINE - 29 Chest / Bicep Stretch

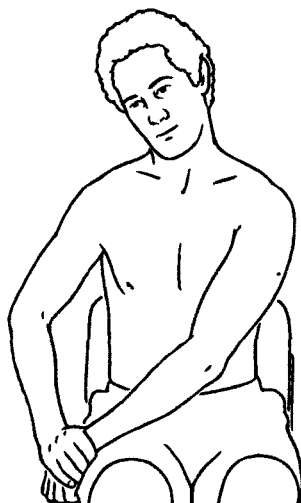
1. Clasp hands together behind your back on your tailbone.
2. Stand straight in good posture.
3. Lift hands away from tailbone until stretch is felt. Hold for 30 seconds.



Repeat 3 times per set.
Do 1 sets per session.
Do 2 sessions per day.

CERVICAL SPINE - 26 Flexibility: Neck Stretch

Grasp left arm above wrist and pull down across body while gently tilting head same direction. Hold 30 seconds. Relax. Alternate to other side.



Repeat 3 times per set.
Do 1 sets per session.
Do 2 sessions per day.

CERVICAL SPINE - 27 Levator Scapula Stretch

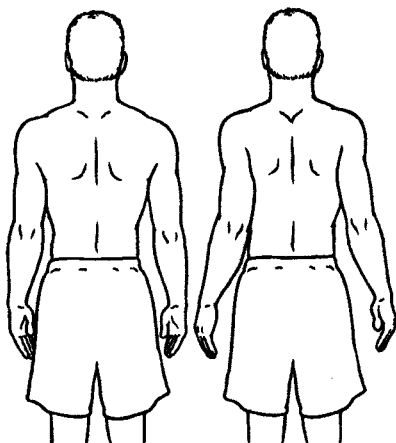
Place left hand on same side shoulder blade. With other hand, gently stretch head down and away. Hold 30 seconds. Alternate to other side.



Repeat 3 times per set.
Do 1 sets per session.
Do 2 sessions per day.

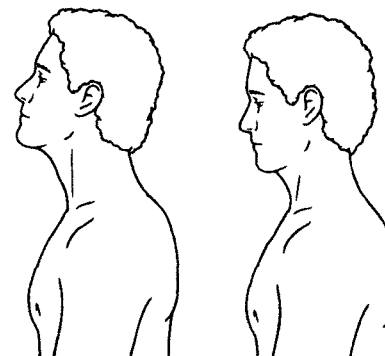
SHOULDER - 101 Scapular Retraction (Standing)

With arms at sides, pinch shoulder blades together. Hold for 5 seconds.



Repeat 10 times per set.
Do 1 sets per session.
Do 2 sessions per day.

CERVICAL SPINE - 25 Flexibility: Neck Retraction



Pull head straight back, keeping eyes and jaw level. Hold for 5 seconds.

Repeat 10 times per set. Do 1 sets per session.
Do 2 sessions per day.

Arrange Your Workstation

Every time you work, take time to adjust workstations that aren't quite right in order to minimize awkward and frequently performed movements.

