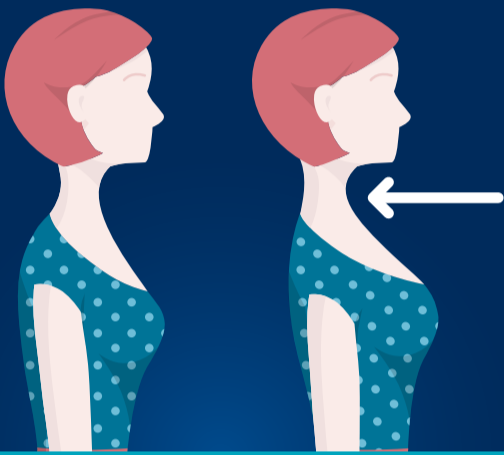


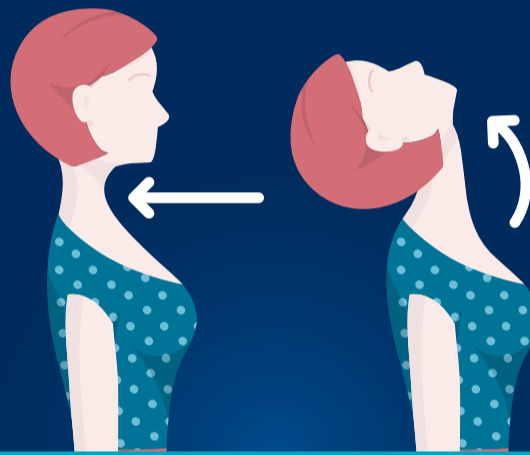
DON'T BE A PAIN IN THE NECK: Stretch it!

Specific stretches for your neck and spine can be done at your workstation. Make sure you relax and do not overstretch to the point of pain.



Neck Retraction

While lying faceup or sitting down, bring head straight back, keeping your eyes on the horizon. Then return to neutral. Repeat 10 times.



Head Drop

Starting in a seated position, retract neck (as above). Slowly move head up and backward as far as you can comfortably go. Return to neutral. Repeat 10 times. Do this exercise again at the end of each session (so you do it twice each session).



Side Bend

Sit down, bring head into neck-retraction position, then gently guide right ear toward right shoulder with right hand. Stop when you feel a stretch on left side of neck. Return to neutral. Repeat 5 times on each side.



Rotation

While sitting, bring head into neck-retraction position, then gently turn head diagonally to the right so your nose is over your shoulder. Return to neutral. Repeat 5 times in each direction (left to right).



Flexion

Sitting down, bring head into neck-retraction position. Clasp hands behind head and gently guide head down, bringing chin toward chest. Stop when you feel a stretch in the back of your neck. Return to neutral. Repeat 5 times.



Shoulder Blade Pull

While sitting, bend raised arms at 90-degree angles. Relax shoulders and neck. Keeping arms and neck still, squeeze the muscles between shoulder blades, drawing shoulder blades closer together. Return to neutral. Repeat 5 times.