

## TOPIC C: EXERCISES FOR COMPUTER USERS

There are many quick and easy exercises that can relieve physical stress if you are spending long days at a computer. You should do these exercises regularly.

### EXERCISE GROUP 1: FOR BACK, NECK AND SHOULDERS

- A. While standing, bend your knees slightly and let your body roll down over your feet. Let your arms hang down and stay in this position for approximately fifteen seconds. Roll up slowly with your head coming up last.
- B. While sitting in a chair, bend your body forward and let your arms hang over your feet. Stay in this position for approximately fifteen seconds. Roll up slowly with your head coming up last.
- C. Stand up and raise your arms over your head. Stretch your right arm above your left and then stretch your left arm over your right arm. Continue with these alternating arm stretches for approximately fifteen seconds.
- D. While standing, slowly roll your head down to your chest and then to your right side. Slowly roll your head back down your chest and to your left side. Repeat this exercise six or seven times.

### EXERCISE GROUP 2: FOR THE EYES

- A. Eye pushups: Position a pen, pencil or finger at arm's length directly in front of your eyes. Slowly bring the object toward your eyes until your eyes are stressed or you experience double vision, and then slowly return the object to arm's length. Repeat several times.
- B. Eye relaxation: Take your eyes away from the monitor and look into the distance. This should be done for about 15 seconds every 20 minutes.

### EXERCISE GROUP 3 FOR THE HANDS, WRISTS AND ARMS

- A. While sitting, shake both hands vigorously for approximately five seconds being careful not to bump into anything.
- B. Rub the inside of your wrists gently with your thumbs.
- C. Hold your arms out with palms down. Slowly bend your wrists up and down alternating between left and right.

## **EXERCISES FOR COMPUTER USERS (CONTINUED)**

- D. While sitting, hold your elbows with your hands. Gently pull your left elbow with your right hand and turn your head and upper body to the right. Repeat on the opposite side by pulling your right elbow gently with your left hand turning your head and upper torso as you pull. Repeat twice for each side.

### **EXERCISE GROUP 4: ISOLATION EXERCISES**

- A. While standing, roll your shoulders forward five times, then reverse and roll them backward five times.
- B. Roll your right shoulder backward five times, the forward five times. Repeat with your left shoulder.

### **EXERCISE GROUP 5: FOR THE LEGS AND FEET**

- A. Sit in a chair with your feet flat on the floor and lift the heel of your left foot off the floor while keeping your toes on the floor. Hold for a few seconds and return your heel to the floor. Perform this exercise six times for each foot.
- B. This exercise is similar to the previous one, except, lift your toes off the floor. Repeat six times for each foot.
- C. Lift your left knee several inches off the chair and release. Do this exercise six times for both the left and right knee.