Desk Exercises

- Thumbs
  - Place hand on desk, palm up
  - Touch thumb to little finger
  - Hold for count of 5
  - Relax
  - Repeat 5 times with each hand
Desk Exercises (cont’d)

- Fingers, Forearms
  - Make tight fist
  - Hold for count of 5
  - Spread fingers as far apart as you can
  - Hold for count of 5
  - Repeat 5 times for each hand (can do both hands at same time if desired)
Desk Exercises (cont’d)

- **Wrist**
  - Forearm on desk, palm up
  - Bend hand toward forearm
  - Hold for count of 5
  - Relax
  - Repeat 5 times for each hand
  - Repeat entire cycle with palm down, bending hand back toward forearm
Desk Exercises (cont’d)

- Shoulders (rolls)
  - Roll shoulders forward 5 times
  - Roll shoulders back 5 times
  - Repeat

- Shoulders (shrugs)
  - Shrug shoulders
  - Hold for count of 5
  - Repeat
Desk Exercises (cont’d)

- Neck
  - Tilt head to left shoulder
  - Hold for count of 5
  - Tilt head to right shoulder
  - Hold for count of 5
  - Repeat
Desk Exercises (cont’d)

- **Trunk, Back**
  - Extend arms straight out at shoulder level and clasp hands
  - Move arms to left and hold for count of 5
  - Repeat to right
  - Repeat cycle 5 times
Eyes

- Blink regularly
- Every few minutes look away at some distant object for a few seconds to allow eyes to refocus