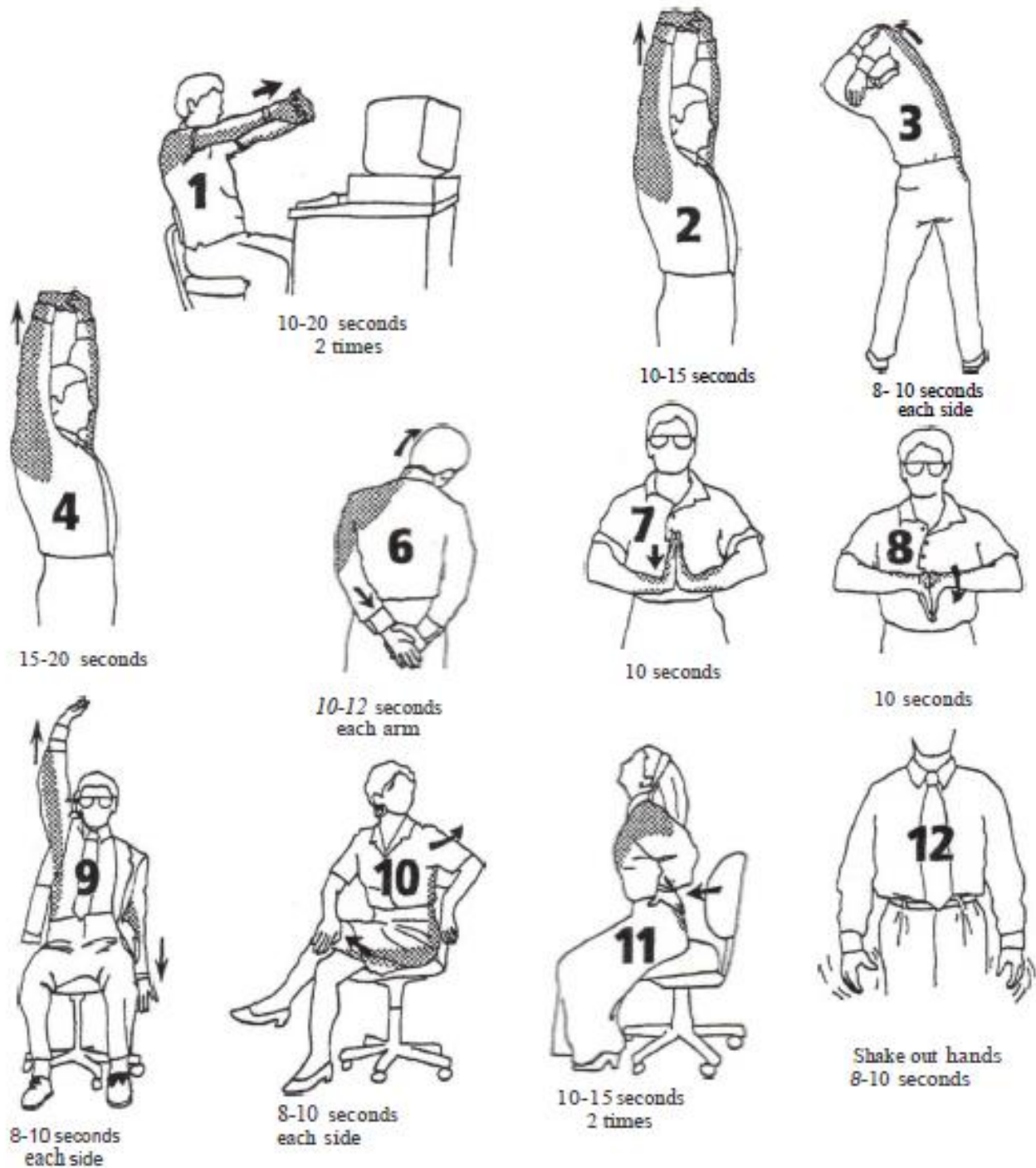


Computer & Desk Stretches

Approximately 4 Minutes

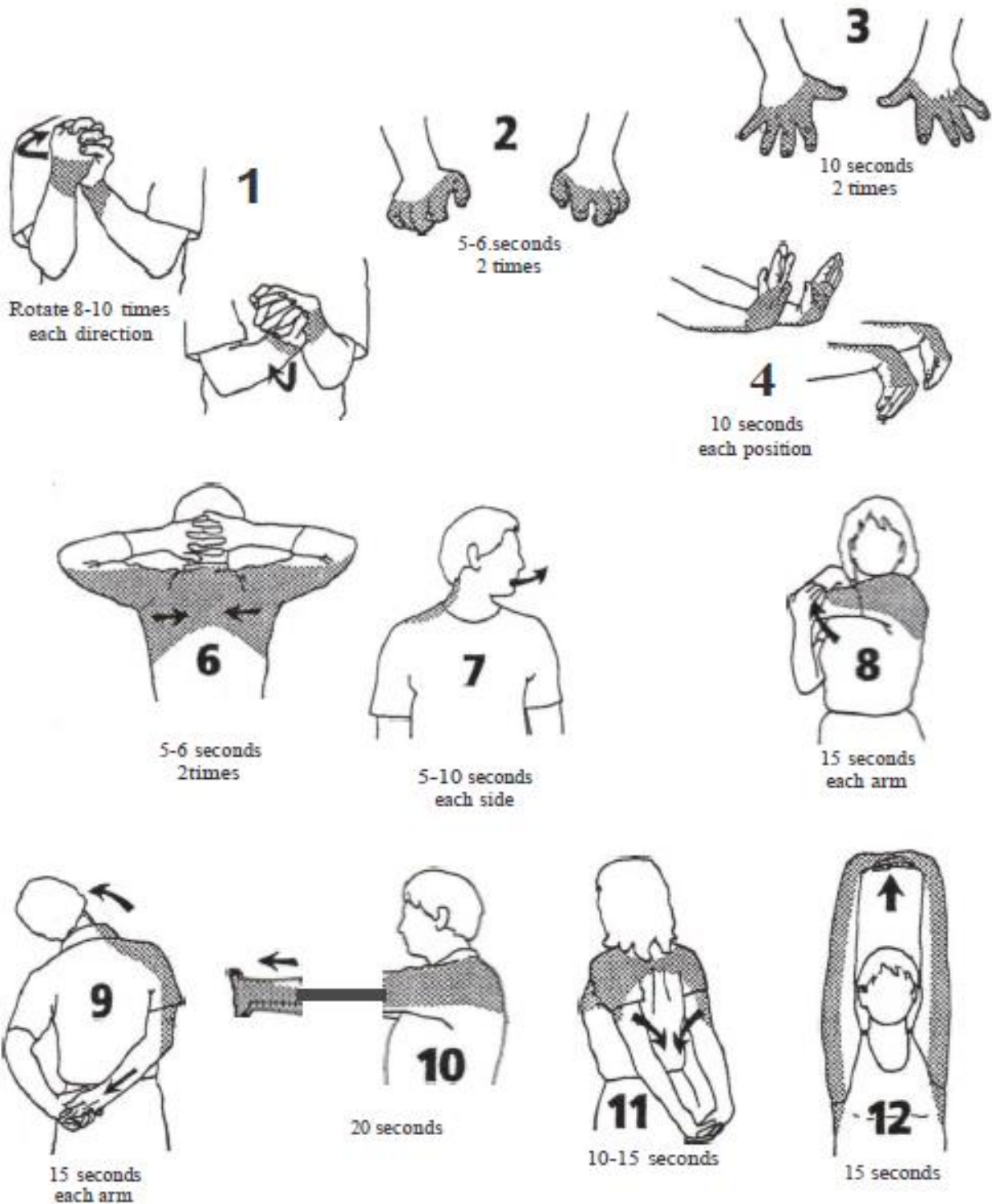
Sitting at a computer for long periods often causes neck and shoulder stiffness and occasionally lower back pain. Do these stretches every hour or so throughout the day, or whenever you feel stiff. Photocopy this and keep it in a drawer. Also, be sure to get up and walk around the office whenever you think of it. You'll feel better



Stretches for the Hands, Arms & Shoulders

Approximately 4 Minutes

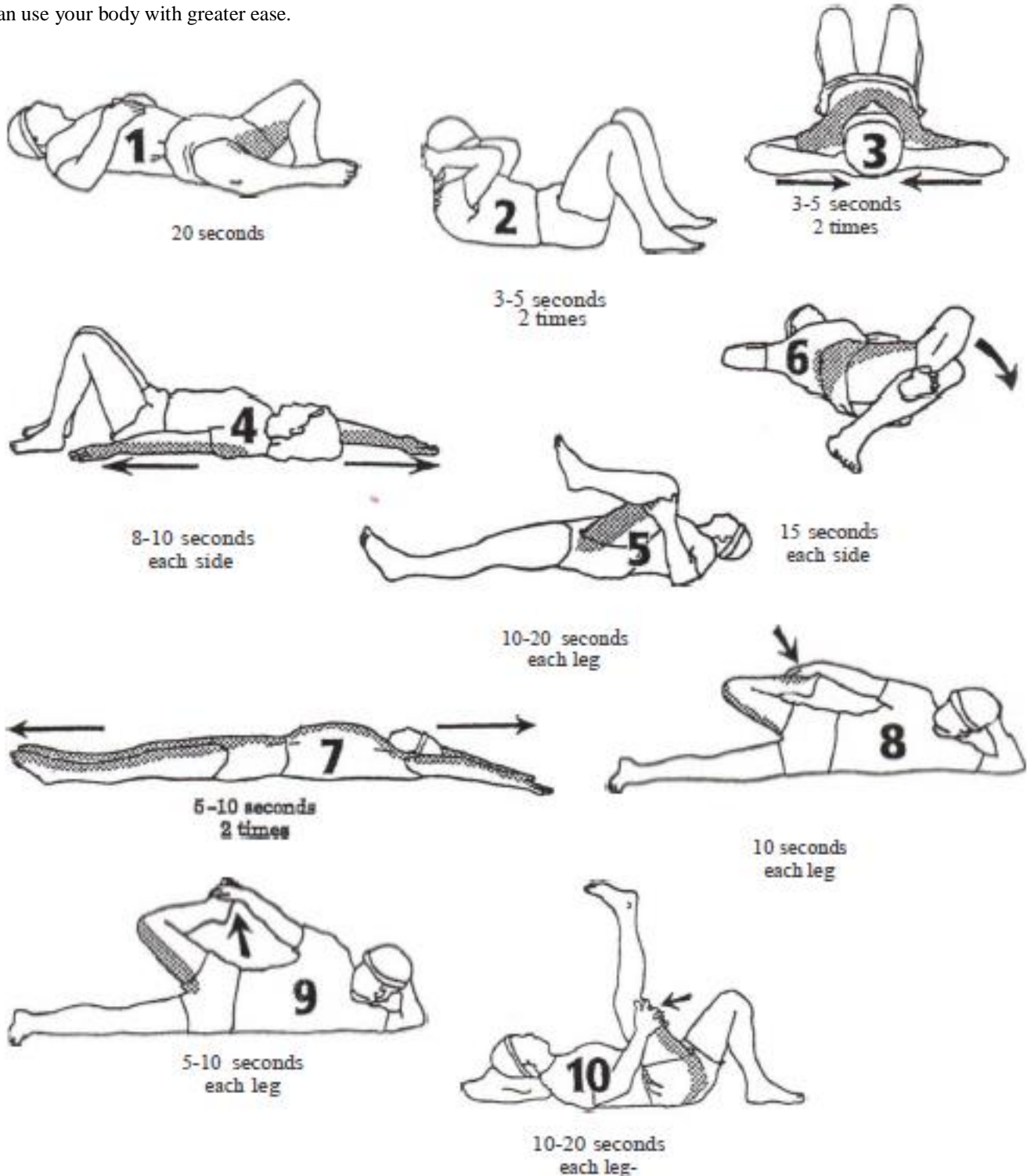
This series of stretches works for repetitive stress problems in the hands and arms. Breathe naturally, stay comfortable, and be relaxed as you stretch.



Everyday Stretches

Approximately 8 Minutes

Start with, several minutes of walking. Then use these everyday stretches to fine-tune your muscles. This is a general routine that emphasizes stretching and relaxing the muscles most frequently used during normal day-to-day activities. In the simple tasks of everyday living, we often use our body in strained or awkward ways, creating stress and tension. A kind of muscular rigor mortis sets in. If you can set aside 10 minutes every day for stretching, you will offset this accumulated tension so you can use your body with greater ease.





20-30 seconds



8-10 seconds
each side



10 seconds
Repeat stretch #11.



15-20 seconds
Each leg



20 seconds
each leg



4-5 seconds
2 times



10-12 seconds
2 times



8-10 seconds
each side



20-30 seconds



10 seconds
2 times

Relief for a tight upper back

Instead of lying over a big foam roller, try this:

Just use a little hand towel, roll it up and put it right under the tight area.

With your feet on a chair, and your knees bent, you should be able to press the low back into the floor. Keep it there!

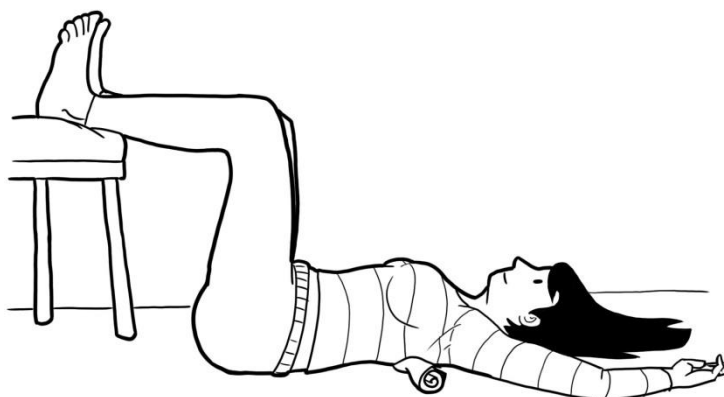
This way, the tight area in your upper back has no choice but to open up, because the rest of your spine is firmly grounded into the floor.

You can stay like this for a few minutes, breathe deeply, and try to let your spine relax into the floor.

Bringing your arms up next to your ears can help you stretch your chest and shoulders at the same time, but only add this if your spine doesn't lift up.

Use this exercise especially after doing computer work or other activities that have you bend forward. If you're very tight, you might have to do it daily for a couple of weeks.

Don't do anything that hurts!



**For more exercises to increase strength
and flexibility
visit**

www.YogaTherapyVideos.com