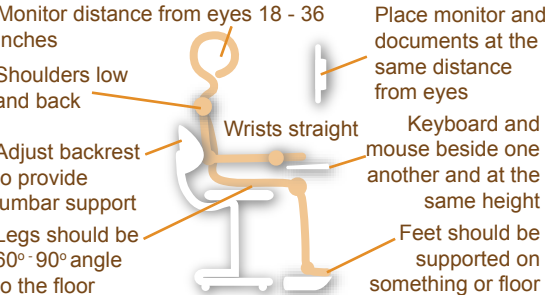




Occupational Ergonomics  
integrated. customized. effective

EDMONTON 780-436-0024  
CALGARY 403-802-0886  
[www.ewiworks.com](http://www.ewiworks.com)



### Overhead stretch

Interlock fingers raise hands upward. Hold for three seconds.



### Executive stretch

Place hands behind your head and bring elbows back. Gently stretch and lean back in chair, arching your back slightly.



### Finger Stretch

Stretch fingers wide. Slowly close them into a relaxed fist. Stretch fingers again and hold.



### Handshake

Point fingers down at your sides. Shake hands gently.



### Blink

You blink less when looking at a monitor, so consciously try to blink more regularly.

### Focus Change

Throughout your day make sure to look away from your screen to objects at varying distances.

### Foot Rotation

Slowly rotate foot at the ankle three times. Repeat in the other direction.



### Toe Points

Point toes downward and hold for three seconds.



### Shoulder Shrug

Sit up straight, slowly bring shoulders up and hold. Bring shoulders down and hold.



### Shoulder Rotation

Slowly rotate both shoulders backwards for a count of 10 then forwards as well.

