

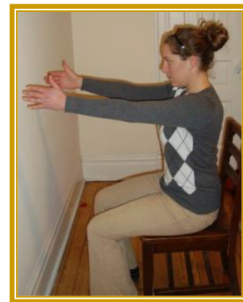
1. **Neck flexion and extension**- Sit in chair with back straight and shoulders back. Imagine an axis through your ears and rotate your head around this axis. First rotate your head down and tuck chin to touch chest, then rotate your head up and look at the ceiling. Repeat 10 times.



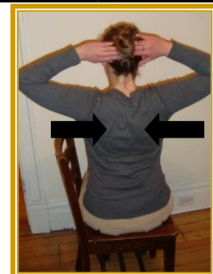
2. **Neck rotation** – Sit in chair with back straight and shoulders back. Imagine an axis going straight down through the top of your head. Rotate your head to the right to look over your right shoulder, then rotate your head to the left to look over your left shoulder. Try to avoid bending your head to the side or moving your head up or down when rotating. Repeat 10 times.



3. **Shoulder flexion** – Sit forward on edge of chair with back off back rest. Sit with back straight and shoulders back. Move arms up overhead reaching for the ceiling. Take a deep breath in while your arms are overhead. Slowly lower arms back down to side. Repeat 10 times.



4. **Scapular squeezes** – Sit forward on edge of chair with back off of back rest. Sit with back straight and hands on the back of your head. Gently squeeze your shoulder blades together and hold for 5 seconds. Then relax. Repeat 10 times.



5. **Wrist flexion/extension stretches** – Sit in chair with back straight and shoulders back. Position right arm straight out in front of you with palm facing down. Use left hand to gently pull your right palm up to bend at your wrist so your fingers are pointing to the ceiling. Hold 30 seconds. Then use your left hand to gently pull your right palm down to bend at the wrist so your fingers are pointing to the floor. Hold 30 seconds. Repeat each stretch 4 times, then perform on the other side.



6. **Knee extension** – Sit in chair with back straight and shoulders back. Kick right leg out until knee is straight. Hold 5 seconds. Then slowly lower your leg back to starting position. Repeat 10 times then perform with left leg.



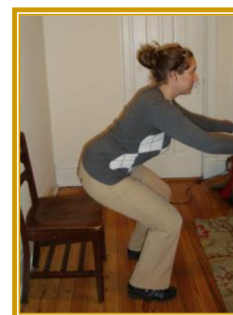
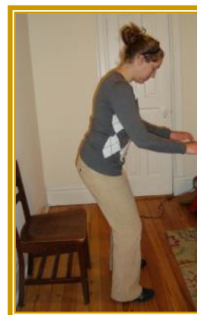
7. **Ankle plantarflexion/dorsiflexion** – Sit forward on edge of chair with back off of back rest and feet flat on the floor. Lift heels off of the floor as high as you can and point toes down, then lower heels and pull toes and foot upwards keeping your heels on the ground and bending at the ankle. Hold 5 seconds. Repeat 10 times.



8. **Standing toe touches** – Stand up next to chair. Begin by tucking your chin and slowly rolling your back forward and down and reach for your toes while bending slightly at your hips and knees. Once reaching down as far as you can tolerate, slowly roll back up starting from your hips and ending with your neck. Repeat 5 times.



9. **Mini squats** – Stand in front of chair with hands resting on desk for support. Place feet shoulder width apart. Bend hips and knees and stick your bottom backwards like you are sitting in a chair. Tap your bottom on the seat of your chair then stand back up (do not sit down). Repeat 10 times. If this is too difficult, decrease the range in which you perform this exercise by only bending your hips and knees as much as you can tolerate.



10. **March around chair** – Begin by sitting in your chair. Stand up and march around your chair. Make sure to keep your back straight and pull your abdominals in tight while lifting your knees. Repeat 5 times.

