Ergonomics Exercises

I. The Torso

A. The Neck -- Sit in an upright position with head looking forward

1. Slowly tilt head as far to the left as possible, then to the right...repeat 3 times.

2. Slowly tilt head forward until the chin rests on the chest...hold for 5 seconds...repeat 3 times.

3. Slowly tilt head as far back as possible...hold for 5 seconds...repeat 3 times.

4. Slowly turn head as far left as possible...then forward, then to the right...repeat 3 times.

B. The Shoulders

1. Roll shoulders forward in a circle, the bigger the circle, the better the result...do 5 rotations...then do 5 backward rotations.

2. Extend both arms out wide, slowly stretch them toward your back, squeezing the shoulder blades together...then slowly bring your arms forward and touch the back of your hands together in front of you...repeat 3 times.

C. The Back Muscles

Sit upright, place both hands behind your head, slowly stretch your torso backwards and hold for three counts...then bend all the way forwards stretching your arms toward the floor in front of you...repeat three times.

D. The Lower Back

1. Sit upright, rotate your pelvis forward and hold for 5 counts, then rotate the pelvis backwards, pressing against your chair and hold for 5 counts.

2. While seated, grab your left shin with both hands and slowly pull your leg to the body and hold for 5 counts...repeat 3 times then repeat with right leg.

E. The Legs and Feet

1. Slowly rotate your left ankle 3 times to the left, then 3 times to the right...repeat with right ankle.

2. Slowly stretch left foot upwards as far as possible...hold for 3 counts...then downwards for 3 counts...repeat 3 times...then repeat with right foot.
II. The Hands

A. The Elbows

Place your elbows at your sides, with your forearms out in front of you with your palms up...without moving your elbows, bring your hands up to your shoulders...then slowly down again until forearms are extended...repeat 5 times...then repeat with palms down.

B. The Wrists

Stretch your arms out in front of you, parallel to the floor; bend your hands backwards at the wrist slowly as far as possible and hold...repeat 5 times...then 5 times downwards.

C. The Fingers and Wrists

1. Make tight fists with your hands, slowly open and stretch the hand as wide as you can and hold for 3 counts...repeat 3 times.

2. Grip object (tennis ball, arm of your chair, desk edge, etc.) tightly...then relax...repeat 3 times.

3. Give hands a good "shake" after exercises and periodically while working them hard.

4. Place right thumb in left hand and use middle finger to massage the spots behind and between the knuckles on the left hand...(3 places for 4 fingers)...then use right thumb to massage the base of the left thumb...switch hands and repeat.

5. Massage each finger slowly working from the knuckle towards the finger tip.

III. The Eyes

A. Palming

1. Place both elbows on a flat surface (i.e. desk) in front of you...rest the heel of your palms on your cheekbones and cup your hands over your eyes so that no light gets through...do not apply any pressure on the eyes themselves...inhale slowly through your nose...exhale slowly through the mouth...repeat several times...

2. Bring hands down and slowly open your eyes.

B. Deep Blinking

Close eyes tightly for 5 seconds...open them as wide as you can...hold for 5 seconds...repeat 3 times.

C. Focal Distance
Hold your index finger 6 inches from your eyes and focus on it...slowly move your finger to arms length maintaining focus...move your finger off to the side and focus on something as far away as possible...then back to the finger...and slowly bring the finger back to 6 inches away...all the time maintaining focus...repeat 3 times.

D. Eye movement

Keeping your eyes closed and your head still, slowly look upward...then straight ahead...then upward again...do this 3 times...then 3 times downwards...then as far left as possible...straight ahead...far right...straight...repeat 3 times.