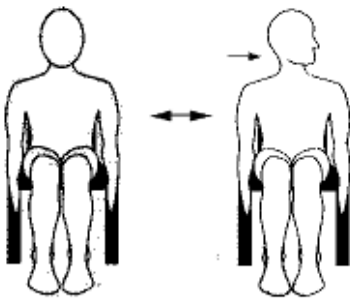


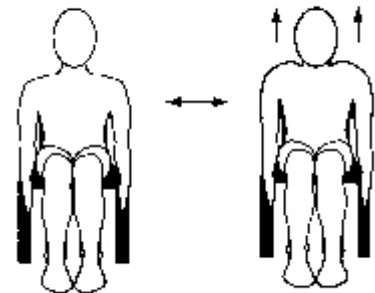
Exercises for office workers

Desk work is all fingers and wrists, during an average day other joints in the body very rarely get put through their normal range of movement. Try sticking a bright post-it note to the corner of your monitor, every time you look at it....do some exercise!

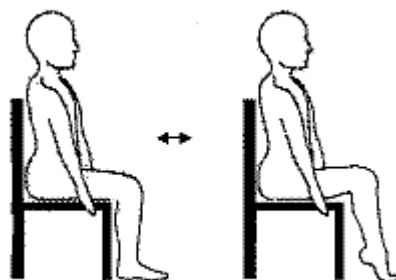
Lateral neck rotation
left and right



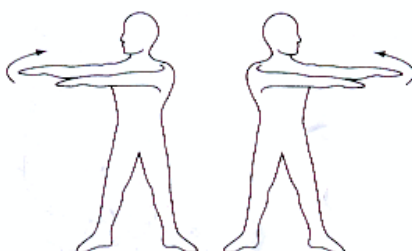
Shoulder shrugs and
rolls—try not to com-
press the neck.



Seated calf raises—raise
heels up and down



Trunk rotation left & right.



Wrist rolling

