



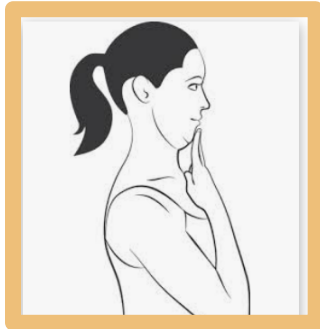
OPTIMIZING MOTION

physical therapy & ergonomics

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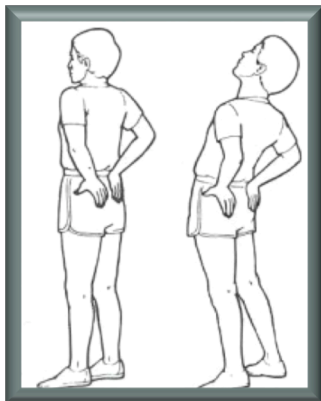
Office Exercises & Stretches



Frequently throughout the day, tuck chin in a

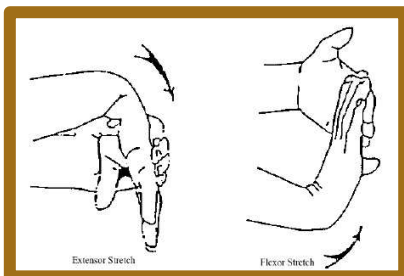
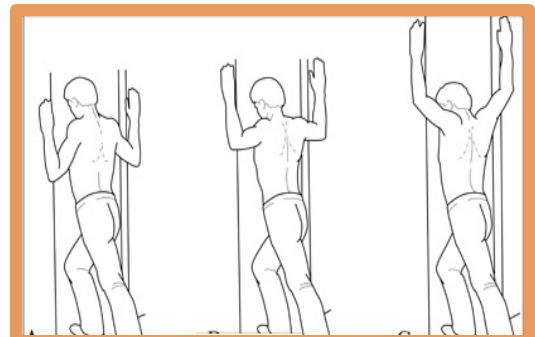


Shrug shoulders upward and backward 10x's, 2-3 x's /day

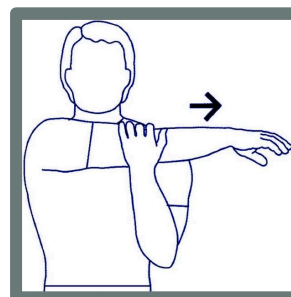


Frequently throughout the day, stand and bend backwards

Stand in a doorway or corner and stretch the front of you shoulder- Hold 10 sec, repeat 5-10, 2-3x's/day



Gently stretch wrist up and down. Hold 3 sec, repeat 5-10 times, 2-3x's/day



Pull your arm across your body. Hold 10 sec, repeat 5-10 times, 2-3x's/day

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