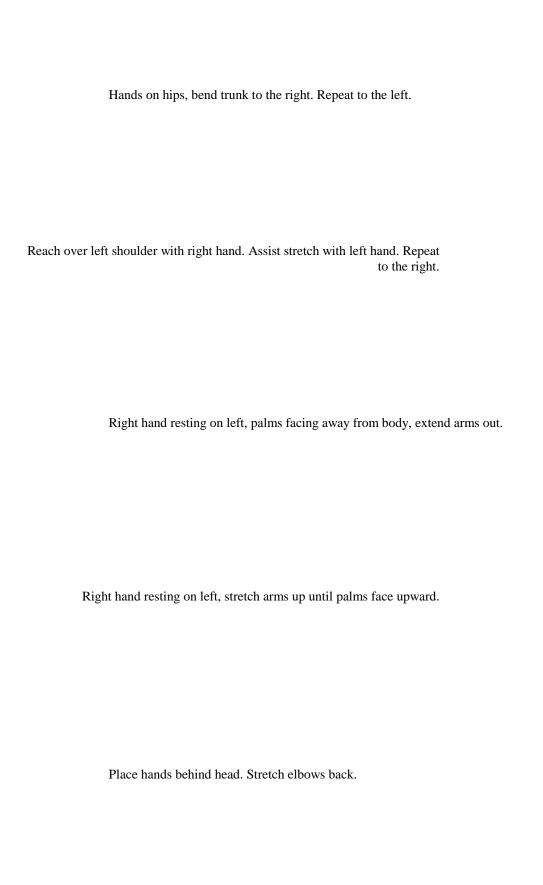
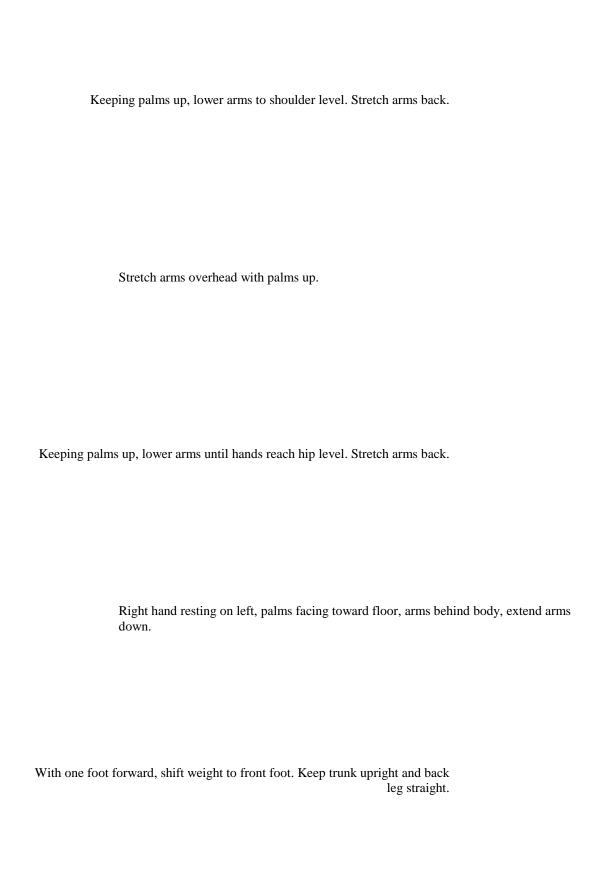
Laboratory Stretching Exercises

(Source: LivingBody Shop, Inc.)

Roll shoulders backwards.
Rest back of hands on lower back, gently squeeze shoulder blades together while pressing hands against lower back.
With right hand resting on left, palms facing toward floor, extend arms down.
Arms in front, turn trunk to the right. Repeat to the left.





These exercises were adapted from StandErcise/DeskErcise/QuikErcise, exercise sheets developed and distributed by LivingBody Shop, Inc., a company dedicated to workplace injury prevention and recovery. Phone:301-593-8311, FAX: 301-890-1490, Email: GloriaZPT@AOL.COM. All text and images are protected by copyright and are being used with permission.

Performing these exercises is voluntary. Studies have shown them to be beneficial when performed consistently and correctly.

Additional Hand, Wrist and Forearm Exercise:

- 1. Rotate the wrists in a circular motion.
- 2. Squeeze the hands into a fist and then release.
- 3. Relax arms at your sides, internally and externally rotate the forearm.
- 4. Relax arms at your sides, shake hands to increase blood flow.