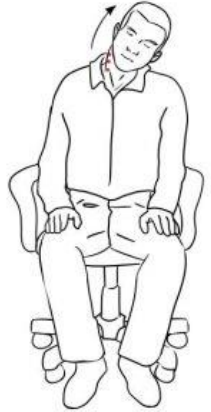


Neck and Shoulder Ergonomic Exercises

Neck Relaxer

Most of us spend hours staring in the same direction at the computer screen or in our cubicles, leading to neck pain. The neck relaxer is a great way to break that tension in the neck. It can also help to rejuvenate blood flow to the area and release tension in the shoulders.

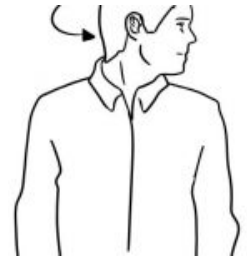
1. Begin by sitting at the edge of your chair with your feet placed firmly on the ground
2. Extend your arms out to either side of your torso
3. Drop your head slowly to the right, trying to touch your right ear to your right shoulder
4. Hold the stretch for 5 seconds
5. Return to the starting position, then repeat on the other side
6. Drop your head down so that your chin touches your chest
7. Gently rock your head to the left and roll to the right; this should take about 5 seconds
8. Return to the starting position



Head Turns

The head turn is another great way to alleviate tension and relax the muscles in the neck after looking forward all day inside the cubicle.

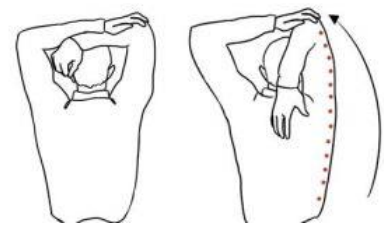
1. Begin with your head facing forward
2. Slowly turn your head to the right to look over the right shoulder
3. Hold for 10 seconds
4. Repeat on the opposite side



Overhead Shoulder Stretch

The overhead shoulder stretch is a good stretch to release the tension in your neck, shoulders, and upper back, all in one go. It's also great for repositioning the body back into proper postural alignment.

1. Begin with your body facing forward
2. Raise one arm directly overhead and bend it at the elbow
3. Catch the elbow with your opposite hand
4. Pull the upright arm towards the opposite side and hold for 10 seconds
5. Repeat on the other side



Shoulder Roll

This exercise is perfect for alleviating tension in the shoulders, especially after sitting at a desk, and can help to relax the muscles downward.

1. Begin by standing up from your cubicle and facing forward
2. Slowly roll your shoulders backwards in a circular motion five times
3. Slowly roll your shoulders forward in a circular motion five times
4. Return to the starting position and relax the shoulders back down

