Exercises and Stretches for Computer Users

Eye Comfort
A. Blinking (produces tears to help moisten and lubricate the eyes)
B. Yawning (produces tears to help moisten and lubricate the eyes)
C. Expose eyes to natural light

Eye Movements
A. Close eyes
B. Slowly and gently move eyes up to the ceiling, then slowly down to the floor
C. Repeat 3 times
D. Close eyes
E. Slowly and gently move eyes to the left, then slowly to the right
F. Repeat 3 times

Focus Change
A. Hold one finger a few inches away from the eye
B. Focus on the finger
C. Slowly move the finger away
D. Focus far into the distance and then back to the finger
E. Slowly bring the finger back to within a few inches of the eye
F. Focus on something more than 8 feet away
G. Repeat 3 times

Palming
A. While seated, brace elbows on the desk and close to the desk edge
B. Let weight fall forward
C. Cup hands over eyes
D. Close eyes
E. Inhale slowly through nose and hold for 4 seconds
F. Continue deep breathing for 15-30 seconds

Deep Breathing
A. While standing, or in an otherwise relaxed position
B. Place one hand on the abdomen and one on the chest
C. Inhale slowly through the nose
D. Hold for 4 seconds
E. Exhale slowly through the mouth
F. Repeat

Cable Stretch
A. While sitting with chin in, stomach in, shoulders relaxed, hands relaxed in lap, and feet flat on the floor, imagine a cable pulling the head upward
B. Hold for 3 seconds and relax
C. Repeat 3 times
Neck Stretch
A. Tilt head to one side (ear towards shoulder)
B. Hold for 15 seconds
C. Relax
D. Repeat 3 times on each side

Diagonal Neck Stretch
A. Turn head slightly and then look down as if looking in your pocket
B. Hold for 15 seconds
C. Relax
D. Repeat 3 times on each side

Shoulder Shrug
A. Slowly bring shoulders up to the ears and hold for approx 3 seconds
B. Rotate shoulders back and down
C. Repeat 10 times

Executive Stretch
A. While sitting, lock hands behind head
B. Bring elbows back as far as possible
C. Inhale deeply while leaning back and stretching
D. Hold for 20 seconds
E. Exhale and relax
F. Repeat 1 time

Foot Rotation
A. While sitting, slowly rotate each foot from the ankle
B. Rotate 3 times in one direction, then 3 times in the opposite direction
C. Relax
D. Repeat 1 time

Hand Shake
A. While sitting, drop arms to the side
B. Shake hands downward gently
C. Repeat frequently

Hand Massage (Note: Perform very gently!)
A. Massage the inside and outside of the hand using the thumb and fingers
B. Repeat frequently (including before beginning work)

Finger Massage (Note: Perform very gently!)
A. Massage fingers of each hand individually, slowly, and gently
B. Move toward nail gently
C. Massage space between fingers
D. Perform daily
Wrist Stretch

A. Hold arm straight out in front of you
B. Pull the hand backwards with the other hand, then pull downward
C. Hold for 20 seconds
D. Relax
E. Repeat 3 times each

Adapted from the Division of Occupational Health and Safety.