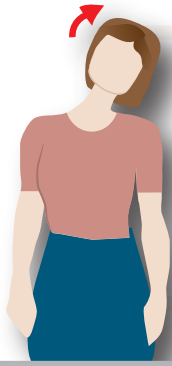


# EXERCISES FOR MUSCLE RELAXATION IN COMPUTER AND CASH REGISTERS WORK



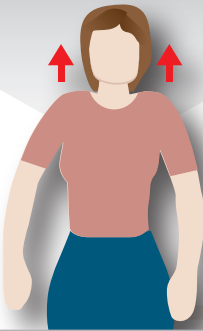
## LATERAL TILT OF THE NECK

- relax your shoulders and arms
- tilt the head, first on one side and then on the other
- hold for 5 seconds on each side



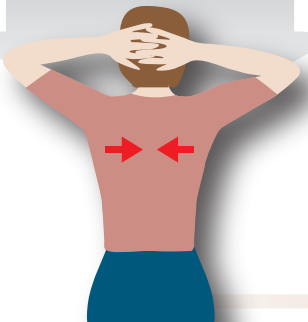
## STRETCHING THE NECK

- sit or stand with relaxed arms
- tilt the head gently forwards
- hold your shoulders relaxed and lowered
- hold the position for 5 seconds



## SHOULDER SHRUGS

- raise shoulders toward your ears
- hold
- relax downward to a normal position



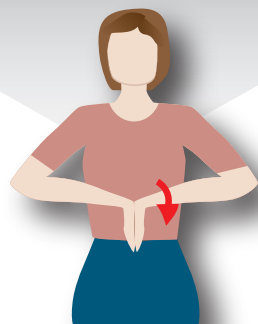
## UPPER BACK STRETCH

- interlace fingers behind your head with elbows out
- pull shoulder blades together
- hold for 5 seconds, then relax



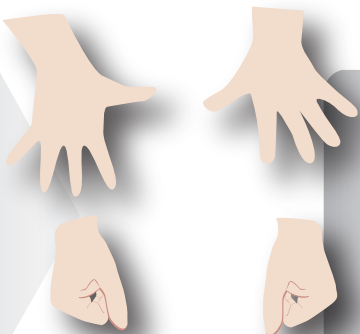
## WRIST/FOREARM STRETCH

- place hands palm to palm (fingers toward chin) keeping elbows even
- move hands downward keeping palms together and elbows even
- hold for 5-8 seconds



## WRIST/FOREARM STRETCH

- place hands palm to palm
- rotate palms around until they face downward keeping elbows even
- hold for 5-8 seconds



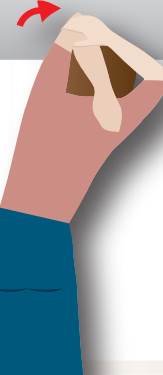
## HAND/FINGER STRETCH

- separate and straighten fingers
- hold for 10 seconds
- bend fingers at knuckle and hold for 10 seconds
- separate and straighten fingers again



## HAMSTRING STRETCH

- while sitting hold onto upper left leg just above and behind the knee
- bend your left knee and pull to your chest
- hold for 15-20 seconds
- repeat with the right leg



## LATERAL STRETCH

- hold the left elbow with right hand
- gently pull the elbow behind your head to feel stretch in shoulder or upper arm back
- hold for 10 seconds
- do not overstretch or hold breath
- repeat for the right side



## UPPER BODY STRETCH

- interlace fingers, turn palms upward and straighten arms above the head
- elongate the arms to stretch your rib cage
- hold for 10-15 seconds and breath deeply



## BACK STRETCH

- lean forward
- keep the head down and the neck relaxed
- hold the position for 10-20 seconds
- use hands to push yourself back up



## BACK AND HIP STRETCH

- bend left leg over right leg and look over left shoulder
- place right hand on the left knee and apply pressure
- repeat for the right side

Exercises should be performed slowly, without any sudden rush. Pain after exercise means that exercises have been performed incorrectly. Regular exercise is the most important thing to prevent unpleasant pain caused by long-term computer work.

Approved by: M.Sc. Darko Kraguljac, physicist specialist - KBC Rijeka

If you feel: pain, discomfort, ear ringing or buzzing, loss of strength or stiffness  
STOP EXERCISING AND CALL THE DOCTOR.