Head Rotation

Gently turn your head to the right as far as you can comfortably. Hold for 3 seconds. Return to midline and turn you head to the left as far as you can comfortably. Hold for 5 seconds. Repeat sequence 5 times each way.

Neck Stretch

Gently grasp right side of head while reaching behind back with other hand. Tilt head away until a gentle stretch is felt. Hold 20 seconds. Switch sides and repeat. Repeat 3 times on each side.

Shoulder Shrug

Shrug shoulders up and down, forward and backward. Repeat 10 times each direction.

CERVICAL SPINE - 29 Chest / Bicep Stretch

Lace fingers behind back and squeeze shoulder blades together. Slowly raise and straighten arms. Hold 20 seconds. Repeat 3 times.

Wrist Stretch #1

Keeping elbow straight, grasp left hand and slowly bend wrist forward until stretch is felt. Hold 20 seconds. Relax. Repeat on other hand. Repeat stretch 3 times on each hand.

Wrist Stretch #2

Keeping elbow straight, grasp left hand and slowly bend wrist back until stretch is felt. Hold 20 seconds. Relax. Repeat with other hand. Repeat stretch 3 times on each side.

Standing Backward Bend

Arch backward to make hollow of back deeper. Hold 10 seconds. Repeat 5 times.

Leg Stretch #1

Pull right heel toward buttock until stretch is felt in front of thigh. Hold 20 seconds. Repeat with other leg. Repeat stretch 3 times on each side.

Leg Stretch #2

Place right foot on stool. Slowly lean forward, keeping back straight, until stretch is felt in back of thigh. Hold 20 seconds. Repeat on other leg. Repeat stretch 3 times on each side.
Restorative Time - The Relax & Revive Routine

KEEP HYDRATED - FEED YOUR BRAIN
- Drink 8 ounces of water, juice or herbal tea. • Your brain is fueled by carbohydrates, but choose healthy snacks like fruit, vegetables, nuts and seeds.

REST EYES
- Close your eyes and count to 15 or turn your eyes away from the computer screen and focus on something 5 to 10 feet in the distance, count to 15.
- If your eyes are dry or itchy from computer use, ask your doctor to recommend lubricating eye drops.

BREATHE DEEPLY
- Breath through your nose using your diaphragm to fully empty, and fill your lungs. • It helps to close your eyes and concentrate on the action of your breath flowing in and out of your nose. • Breathing deeply helps regulate your heart beat and increased the supply of restorative oxygen to your brain. You will feel more calm and find it easier to concentrate when you return to your work.

STRETCH
- Achieve each position slowly. Do not bounce into or out of position. • Hold each position as instructed. Then repeat on the other side.
- You should feel tightness, but not pain (stop and check with your doctor if you experience pain).

Head Tilt
Bring right ear close to right shoulder, hold, count to 7. Repeat on left side. Do three sets.

Head Pan
Rotate head to right, hold, count to 7, repeat left side. Do three sets.

Chin Tip
Very slowly tip chin down to chest and hold to the count of 15. Very slowly tip chin upwards and hold to the count of 15. DO NOT bend your neck quickly or too far backward. Check with your doctor if you experience pain.

Shoulder Rolls
Pull right shoulder up, down, and forward in a circular motion counting to 15. Repeat for left shoulder counting to 15. Repeat rolling both shoulders counting to 15.

Elbow Point
Clasp hands behind head. Point right elbow up toward ceiling, hold and count to 7. Repeat with left elbow. Do the elbow point three times for each side.

Elbow Pull
Clasp hands behind head. Pull elbows together, hold and count to 7. Pull elbows back out to side. Hold and count to 7. Do three sets.

Shoulder Pull
Grab chair with left hand and reach right arm over left hip. Lean to the left and hold, count to 7. Repeat on the other side. Do the Arm Hug three times.

Waist Bend
Hold the edge of your chair seat with your right hand. Lean toward the left, keeping your upper body straight. Hold and count to 7. Change hands and grip the left edge of your chair seat, leaning right, holding to the count of 7. Repeat 2 more times.

Arm Reach
Start with arms straight at sides, raise them forward and upward over the head, stretching toward the ceiling. Hold to the count of 15 and repeat two more times.

Forward Bend
Sit on chair with feet flat on the floor. Slowly bend over allowing gravity to gently push you further. Count to 15 then very slowly straighten back up into starting position.