

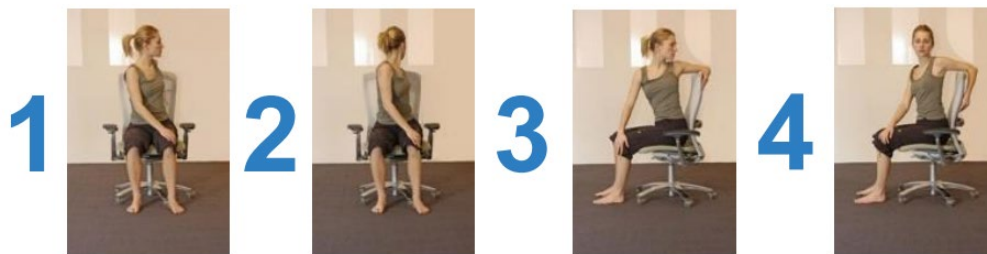
Stretch for Comfort and Relief!

Does computer work leave you tired, perhaps even “achy”?
Try these simple stretches to find relief and prevent future issues!

Forward Bend



Spinal Twist



Seated Spinal Stretch



Shoulder Rolls



Stretch for Comfort and Relief!

*Does computer work leave you tired, perhaps even “achy”?
Try these simple stretches to find relief and prevent future issues!*

Neck Stretch



1



2



3



Finger & Wrist Stretch



1



2



3

