

Exercises to prevent RSI

POSTURE

When you perform each of these exercises, you need to begin with a good posture.

Stand with your feet, hip width apart, your pelvis in a neutral position, your shoulders open and back (but remaining relaxed and low) and your knees slightly bent to prevent them locking.

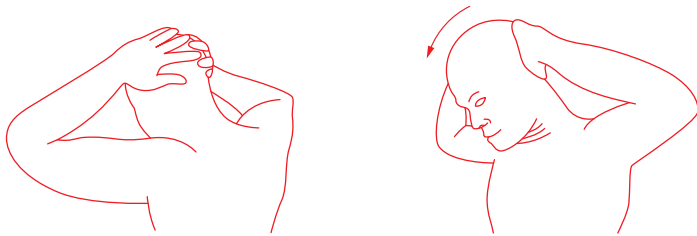
GUIDELINES

For your safety and to ensure that you obtain the maximum results, Please do the following with every exercise:

- Perform each movement slowly and smoothly, without bouncing.*
- Remember to keep breathing.*
- Holding your breath will keep the tension within, you want to let the tension out!*
- Hold each stretch for 10 seconds, so that you can feel its function and allow your muscles time to lengthen.*
- Relax and repeat each exercise 3 to 5 times.*

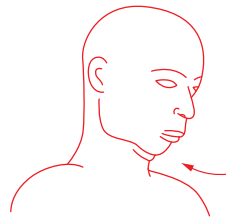
Forward Head Bend

This stretch lengthens the top of the Trapezius muscle (the neck and upper back). Bend your head forward, place your hands on the back of your head, gently push your head forward and down until you feel a comfortable stretch, and hold.



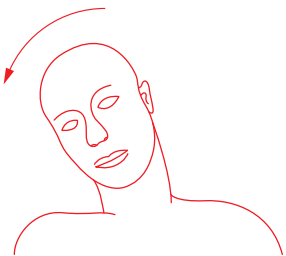
Double Chin

This stretch repositions the discs and vertebrae of the neck. Stand or sit upright, whilst looking straight ahead. Slowly draw your chin backwards into your neck, and hold.



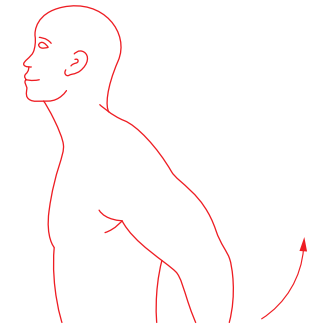
Neck tilt

This exercise will stretch the upper shoulder and neck muscles. It allows easier head movements and improves the blood circulation. Standing or sitting upright in your chair, tilt your ear down towards one shoulder, until you feel a good stretch. Make sure that your shoulders remain relaxed, and hold.



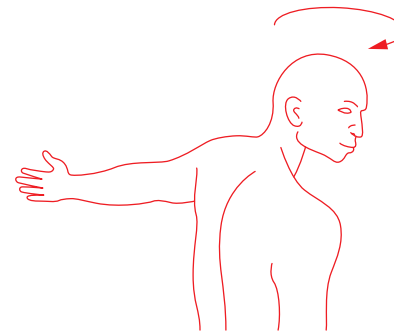
Chest opener

In a standing position, hold your arms straight and lock your hands together behind your back . With your shoulders down , slowly raise your hands upwards and feel your chest open. Hold the position and breathe.



Arm & Chest stretch

Stand facing a wall. Raise one arm up to shoulder level with your palm and arm facing down on the wall. Now, slowly twist your whole body away from the raised arm, until you feel a stretch in your arm and chest. To heighten this stretch, turn your head away from your raised arm. Hold for 10 seconds and repeat on the opposite side.

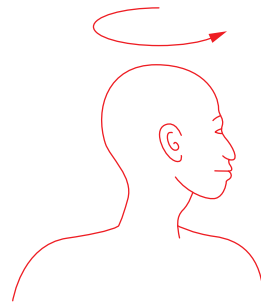


Finger Stretch and Clench

This helps to loosen the tightening of the hand muscles. Spread the fingers of both hands as far apart as possible, then make a tight fist and squeeze. Repeat this movement 10 times.

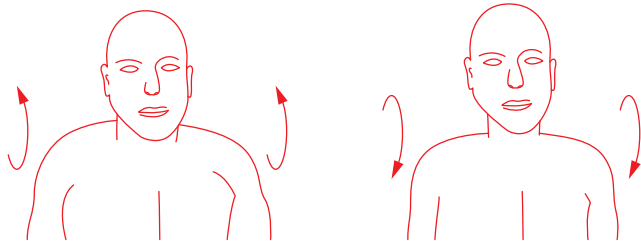
Neck twist

This exercise is great to give relief to a stiff neck and to give length to the trapezius muscle. Whilst standing or sitting upright in your chair, with your shoulders relaxed, slowly turn your head to look over your shoulder and hold for about 10 seconds, until you feel a good stretch. Return your head to the centre position and repeat on the other side.



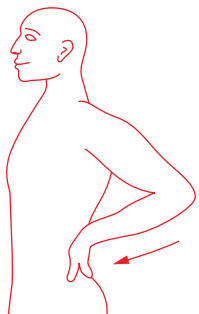
Shoulder circles

This exercise helps to mobilize your shoulder joints, stretch the chest muscles and relieve tension in your upper back muscles. You need to be standing for this exercise. Slowly roll your shoulders backwards in large exaggerated circles, rotating the whole shoulder blade. Do this 10 times, then repeat the movement rotating the shoulders forwards this time.



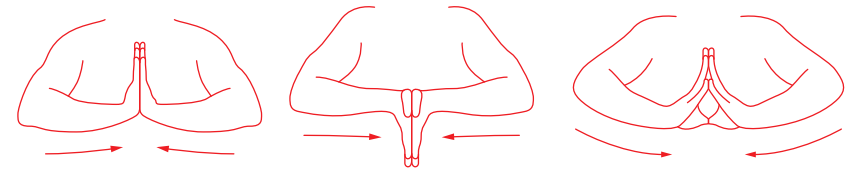
The Fencer

Prolonged sitting can lead to a shortening of the hip muscles. By using this pose, your hips, legs, and back, can all benefit. Stand up and step forward with your right leg. Place your hands on your hips. Slowly bend your right knee, keep your left leg straight and push your hips forward. Hold for 10 seconds, then change to the other side. Perform 3 times on each side.



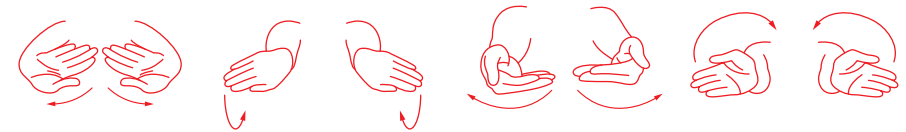
Wrist and fingers stretch

Bring your palms together in front of your chest, with your elbows raised. Keeping your hand position, slowly rotate your hands forward, until you feel the stretch on the underside of your wrists, and hold. Bring your hands back to the starting position, then slowly rotate them backwards, towards your body, until you feel the stretch on the opposite side of your wrist. Then to stretch the fingers. Spread your fingers, slowly move your palms apart, keeping the fingers pressed together. Slowly release contact until just your fingertips are touching. Keep pressing together to create the stretch, and release, bringing the palms together slowly once more. Repeat this exercise 3 times.



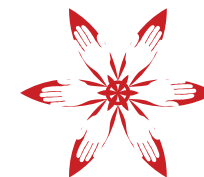
Scooping

This is a highly effective exercise to release tension blocked in the wrists and forearms. It is normal that this movement feels intense. In a standing position, raise both arms out in front of you, shoulder width apart. Keep your fingers together, yet relaxed. Make exaggerated circular movements with your hands for 10 seconds. Then repeat the movement circling your hands in the opposite direction for 10 seconds.



Shake it all away

After the scooping exercise, and also in between other movements, simply shake loose all of your shoulders, arms, hands and fingers. This removes stagnant energy and increases your blood circulation.



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