

Monthly Wellness Update

*Courtesy of
Advanced Rehabilitation Clinics, Inc
www.arcphysicaltherapy.com*

January 2005

Desktop Fitness

Part 2 of 2

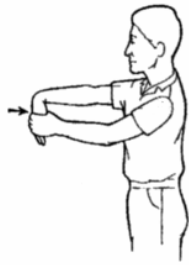
“The One Minute Muscle Manager”

Working at a desk or computer station all day is physically demanding. The muscles in your neck, back, and arms work very hard to maintain the body's work posture. Circulation to the muscles is reduced, and irritating waste products build up inside the muscles as a result.

Learning how to reduce strain in the neck, shoulders, and low back will help to make you more comfortable, healthy, and efficient on the job.

Frequent, stretching of a few hard-working muscles is one way to relax muscular tension and discomfort by restoring circulation and relaxation to the tissues. The “One Minute Muscle Manager” is a group of six stretching exercises that can be performed every hour on the job. Since the entire stretching plan takes only one minute to complete, it will not reduce your productivity. It will, instead, reduce muscle fatigue, increase your comfort level, and help prevent injury to your working body, which will result in greater productivity overall.

Perform these stretches at least once every hour during the workday. Stretching should be done very gently, without strain, and without pain. Discontinue any stretch that causes pain.



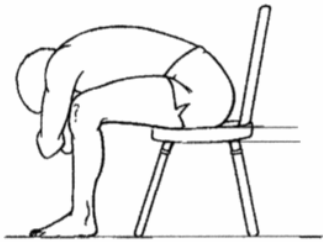
Exercise 3 of 6
WRIST FLEXION

1. Hold wrist as shown
2. Bend the wrist until you feel stretch
3. Hold 6 seconds
4. Repeat on other wrist



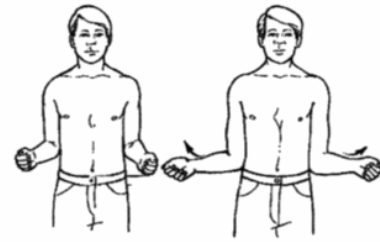
Exercise 4 of 6
WRIST EXTENSION BILATERAL

1. Hold your hands together as shown
2. Bend the wrist until you feel stretch
3. Hold 6 seconds, relax



Exercise 5 of 6
BACK FLEXION

1. Sit in chair
2. Roll down forward as shown, dropping chin first
3. Reverse the motion, unrolling yourself, lifting the chin last.



Exercise 6 of 6
SHOULDER EXTERNAL ROTATION

1. Stand with arms at sides, elbows bent as shown
2. Rotate arms outward, keeping elbows bent, pull shoulder blades down at the same time
3. Hold 6 seconds, relax

For more information, questions, or to consult with a licensed physical therapist please call Advanced Rehabilitation Clinics, Inc. main office at 630-832-6919. Or feel free to stop by Advanced Rehabilitation Clinics, Inc. located inside the Lifestart Wellness Center for more information or to get a free assessment, where they will evaluate your condition and advise you of your options.