

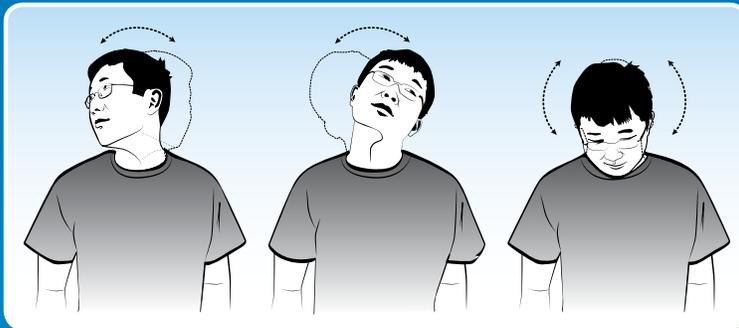


QUICK REFERENCE

# ERGONOMIC STRETCHES

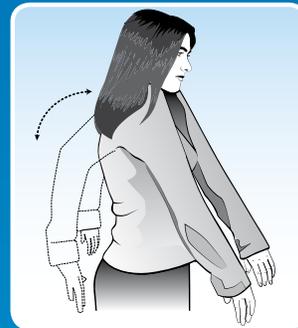
Five Easy Steps to Help Prevent Injury

## 1. Neck Stretch



Turn head to right and left, side-to-side, up and down.

## 2. Shoulder Rolls



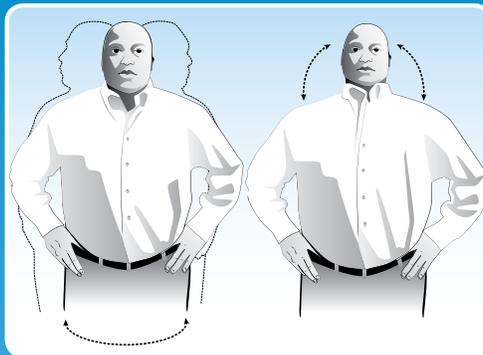
Roll shoulders forward and back.

## 3. Arm/Wrist Stretch



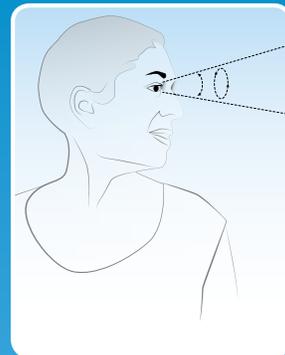
Extend your arm with wrist facing up. Stretch back fingers with the other hand.

## 4. Back Stretch



Place hands on hips. Gently rotate body side-to-side. Lift chest and lean back gently.

## 5. Eye Exercises



Blink often, focus on distant objects. Look up, down, side-to-side. Rotate your eyes.

For more information Contact CAP [www.cap.mil](http://www.cap.mil)

T 703-614-8416, TTY 703-697-8256, F 703-697-5851, Email [cap@mail.mil](mailto:cap@mail.mil)