

## Neck

### STANDING EXERCISE

#### 1. Neck Rotation (Head Down)

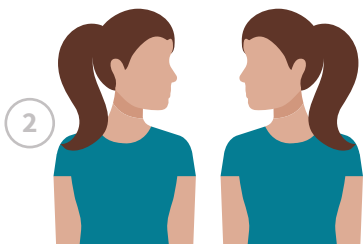
- Start with your head in the center.
- Relaxing the shoulders, exhale as you bend your head forward, bringing your chin to your chest.
- Stop when you feel a gentle stretch.
- Hold for 5 seconds.
- Inhale as you return your head to center.
- Repeat 3 times.

#### 2. Neck Rotations (Left to Right)

- Start with your neck in midline position and head straight.
- Exhale as you turn your head to the left, and look over your left shoulder.
- Hold for 5 seconds.
- Inhale as you return to the initial position.
- Next, exhale as you turn your head to the right and look over your right shoulder.
- Hold for 5 seconds.
- Inhale as you return to the initial position.
- Repeat 3 times.



Neck Rotation  
(Head Down)



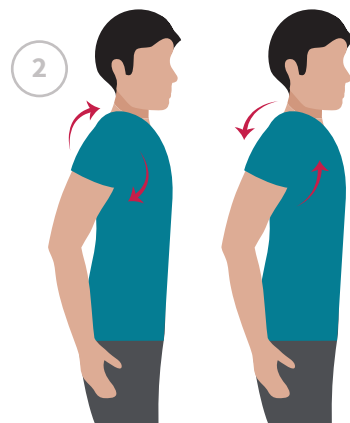
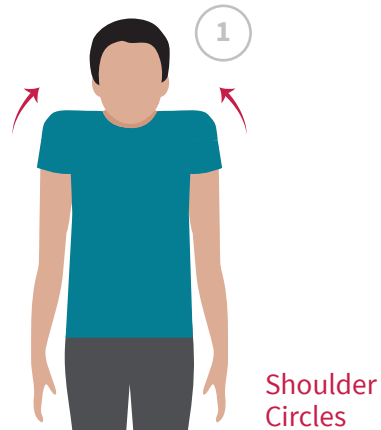
Neck Rotation (Left to Right)

## Shoulders

### STANDING EXERCISE

#### Shoulder Circles

- Let your arms hang by your sides.
- Roll your shoulders behind you in a circular motion.
- Repeat 3 times.
- Change direction and roll your shoulders forward in a circular motion.
- Repeat 3 times.



## Wrists

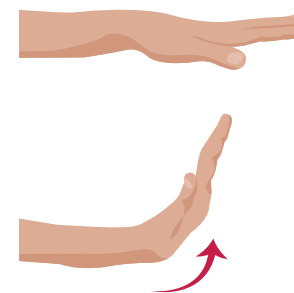
### STANDING EXERCISE

#### 1. Wrist Flexion & Extension

- Bend wrist down until you feel a stretch.
- Hold for 5 seconds.
- Slowly return to starting position.
- Bend wrist up until you feel a stretch.
- Hold for 5 seconds.
- Slowly return to starting position.
- Repeat 3 times.

#### 2. Wrist Circles

- Rotate your right wrist clockwise.
- Perform the same rotation counterclockwise.
- Repeat with each wrist 3 times.



## Warm Up for Work

Begin your warm up with joint-rotations, starting either from your toes and working your way up, or from your fingers and working your way down. These motions lubricate the entire joint with synovial fluid and allow your joints to function with more ease.

### Benefits

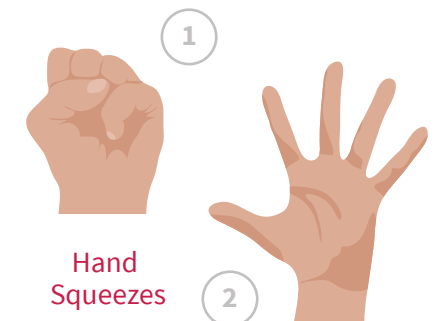
- Increased awareness
- Improved coordination
- Improved elasticity and contractability of muscles
- Greater efficiency of the respiratory and cardiovascular systems

## Hands

### STANDING EXERCISE

#### Hand Squeezes

- Make a gentle fist by wrapping your thumb across your fingers.
- Hold for 5 seconds.
- Release and spread your fingers wide for 5 seconds.
- Repeat with both hands 3 times.

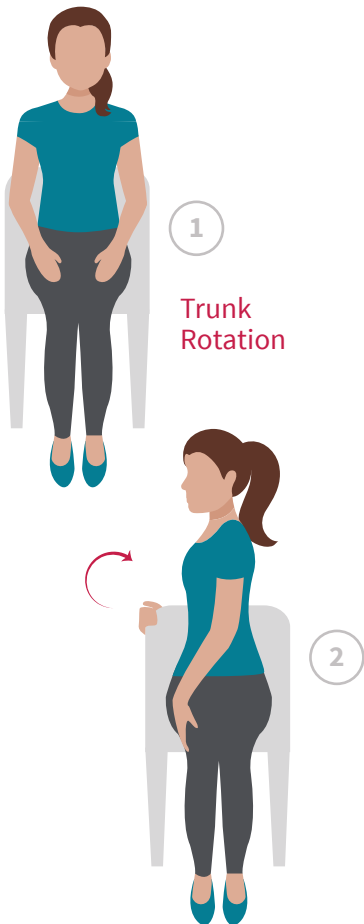


## Back

### SEATED EXERCISE

#### Trunk Rotation

- Sit in a chair with your feet slightly apart.
- Exhale as you turn your upper body to the left toward the back of the chair.
- Grasp the chair and gently pull your upper body further to increase the stretch.
- Hold for 5 seconds.
- Inhale as you return to face forward.
- Exhale as you turn your upper body to the right toward the back of the chair.
- Inhale as you return to face forward.
- Repeat 3 times on each side.

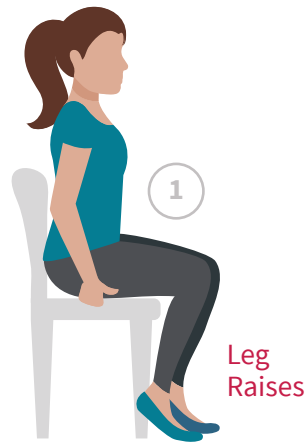


## Legs

### SEATED EXERCISE

#### Leg Raises

- Exhale as you lift one leg off the floor and extend with a slight bend in the knee.
- Hold for 5 seconds.
- Inhale as you lower your leg back to the floor.
- Repeat 3 times with each leg.



## Ankles

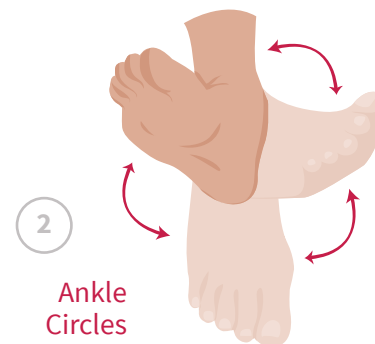
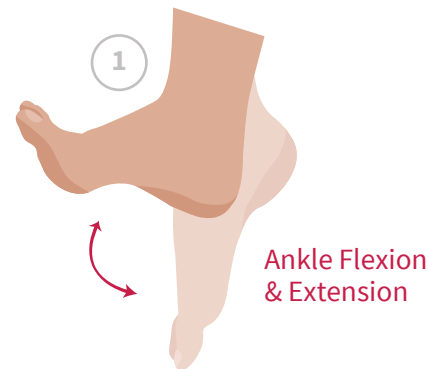
### SEATED EXERCISE

#### 1. Ankle Flexion & Extension

- Sit in a comfortable position.
- Exhale as you extend your leg and slowly bring your foot up with toes flexed upwards.
- Inhale as you bring your foot down with toes extended towards the floor.
- Repeat 3 times on each ankle.

#### 2. Ankle Circles

- As you breathe calmly, slowly circle your foot in a clockwise direction.
- Then, circle your foot in counterclockwise direction.
- Repeat 3 times with each foot.



## Toes

### SEATED EXERCISE

#### Toe Flexion & Extension

- As you exhale, gently bend all your toes as far as comfortable.
- Hold for 5 seconds.
- Inhale and return to the start position.
- As you exhale, gently bring all your toes up as far as comfortable.
- Hold for 5 seconds.
- Inhale and return to the start position.
- Repeat 3 times with each foot.

