



DESKERCISE

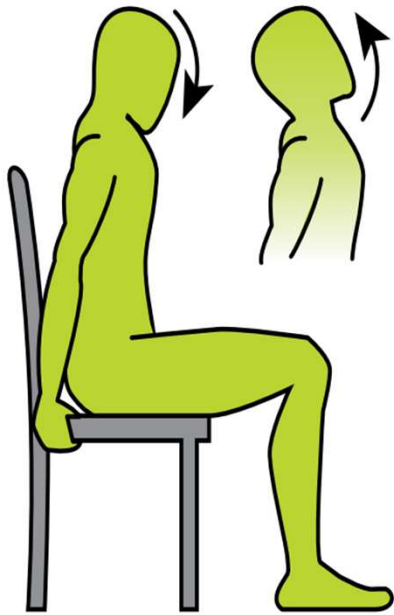
Paige Saakyan, PEF Health and Safety Specialist

Scott Dobe, PEF/OPWDD Health and Safety Co-Chair

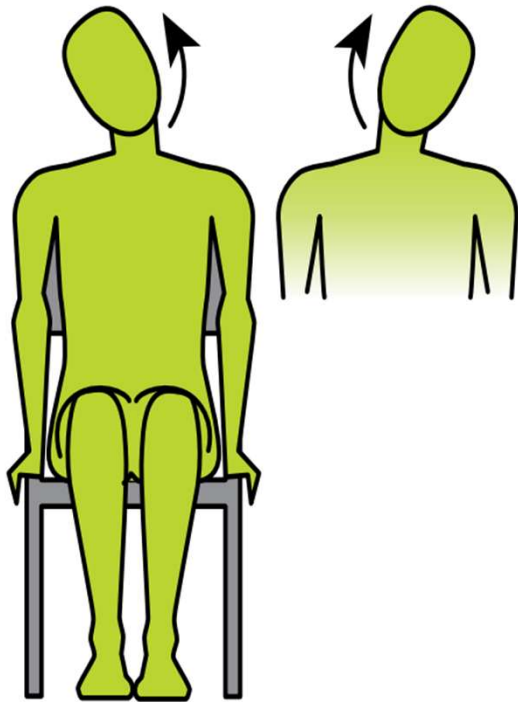
- ▶ If you have an underlying condition, or area of concern, please use your own judgement when doing these stretches. If you need to sit out of certain stretches, that is ok!
- ▶ This is a guided presentation for an in-person training. Stretches do not contain instructions for how to appropriately complete the stretch.

DISCLAIMER

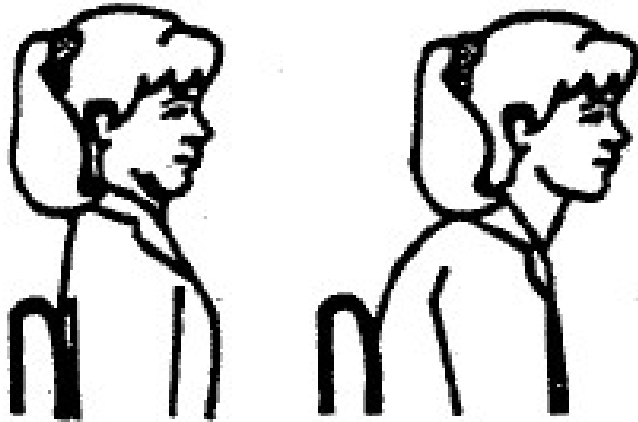
A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, set against a dark green background.



HEAD FLEXION



CERVICAL SIDE BENDING



CHIN TUCK



SHOULDER ROLLS

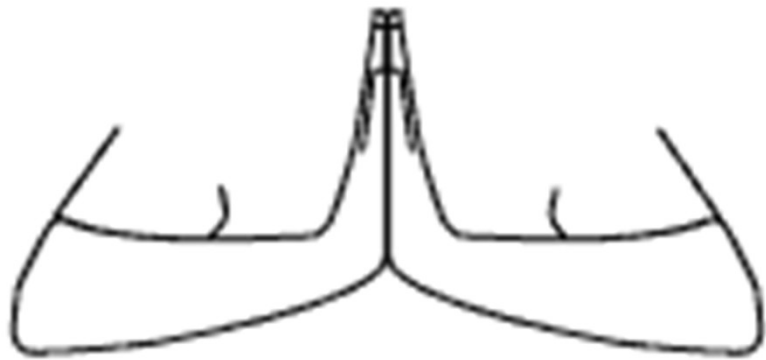
CROSS-BODY SHOULDER STRETCH



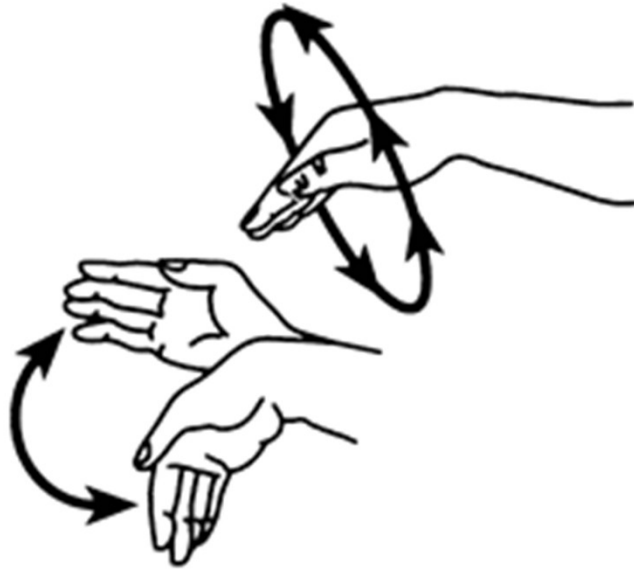
Image from: Stress Reducing Office Maneuvers- Chicago Institute of Neurosurgery and Neuroresearch



WRIST FLEXION/EXTENSION



CARPAL TUNNEL STRETCH



WRIST CIRCLES



PECTORALIS STRETCH

- * Can be done in a doorway or bilaterally in a corner
- * The height of your hand will change the area stretched

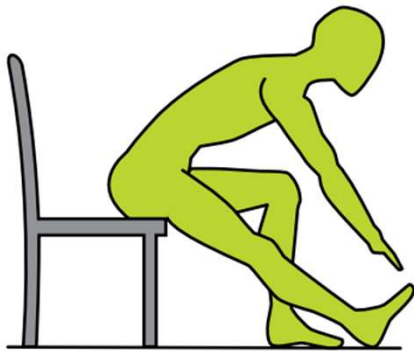
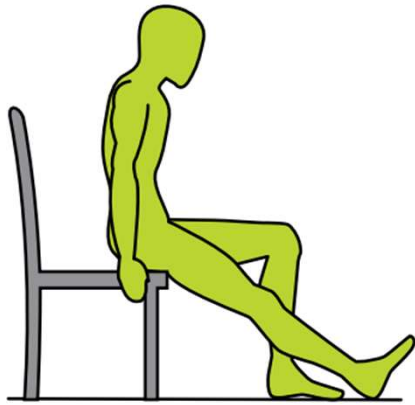


STANDING PEC STRETCH

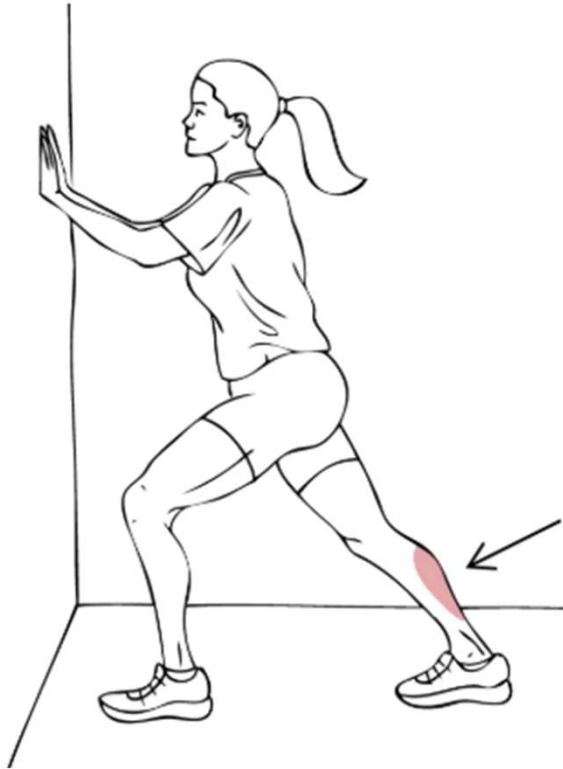
* Can be done laying down



SEATED ROTATION



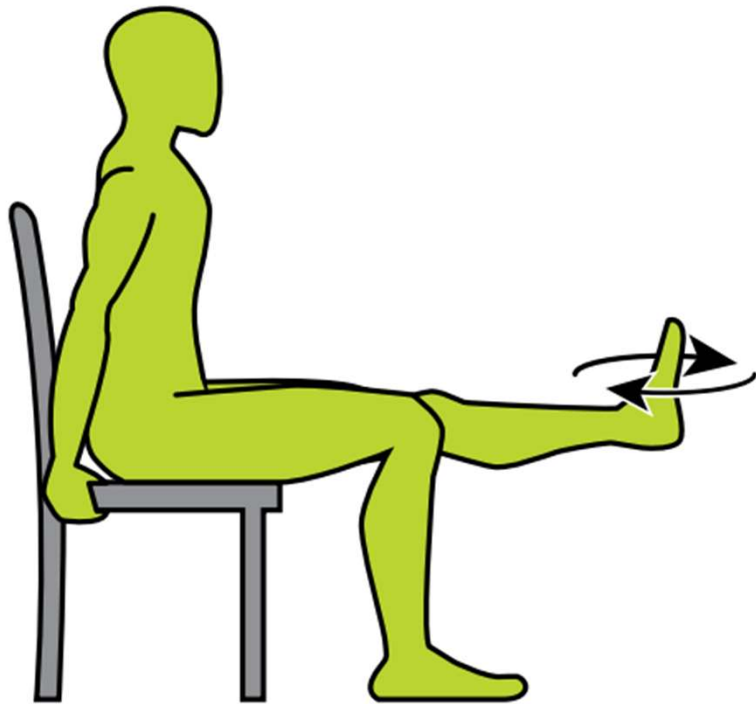
SEATED HAMSTRING STRETCH



CALF STRETCH

* Can be done sitting

ANKLE PUMPS & CIRCLES



- ▶ Blink often
- ▶ Focus on a point more than 8 ft away periodically
- ▶ Expose yourself to natural light



DON'T FORGET YOUR EYES!



THANK YOU!