It is recommended to stand up and move around **at least every hour** for a few minutes. In those few minutes do a few exercises or stretches and take your eyes off your phone or computer screen.

Tips to remember to **GET UP** and move around every hour.

- Create an event on your Outlook calendar.
- Put a note on your desk where you will see it.
- Set a reminder on your phone or watch.
- Ask a friend or coworker to hold you accountable.

Prevent Upper Cross Syndrome and strengthen the muscles in your neck and upper back: [https://www.youtube.com/watch?v=k3ktjQ35gAU](https://www.youtube.com/watch?v=k3ktjQ35gAU).

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**CARPAL TUNNEL SYNDROME EXERCISES**

- **Active range of motion**
- **Active range of motion**
- **Finger exercise**
- **Wrist stretch**
- **Tendon glides**
- **Grip strengthening**
- **Wrist flexion exercise**
- **Wrist extension exercise**
STRETCHES

Do these quick stretches regularly to reduce fatigue and avoid injury:

1. BACK EXTENSION
   - Repeat 3 times, 5 seconds each

2. NECK FORWARD
   - Do once for 15 seconds

3. NECK LEFT & RIGHT
   - Repeat 3 times, 5 seconds each

4. ELBOW PULLOVER
   - Repeat 3 times, 5 seconds each, both sides

5. SHOULDER OVER
   - Do once for 15 seconds on each side

6. SHOULDER ACROSS
   - Do once for 15 seconds with each arm

7. SHOULDER BACK
   - Do once for 15 seconds each arm

8. BRIDGE STRETCH
   - Do once for 15 seconds

9. FOREARM & WRIST
   - Do once for 15 seconds each way, both arms

10. HAMSTRING STRETCH
    - Do once for 15 seconds each leg

11. CALF STRETCH
    - Do once for 15 seconds each leg

12. QUAD & FLEXOR STRETCH
    - Do once for 15 seconds each leg

Check with your physician before starting a new exercise program or if you have had recent joint trouble, muscle problems, or surgery.