1

**WRIST EXTENSOR**

Use your opposite hand to bend the wrist down as shown.

Keep the elbow straight the entire time.

Repeat on other side.

Repeat 1 Time
Hold Move slowly
Complete 1 Set
Perform 1 Time(s) an Hour

2

**WRIST FLEXOR**

Use your opposite hand to bend the wrist up as shown.

Keep the elbow straight the entire time.

Repeat on other side.

Repeat 1 Time
Hold Move slowly
Complete 1 Set
Perform 1 Time(s) an Hour

3

**Extension in Standing**

Lumbar Extension

Standing with feet about shoulder width apart and hands in the small of lower back.

Slowly bend backwards without forcing the movement.

Repeat 3-4 Times
Hold Move slowly
Complete 1 Set
Perform 1 Time(s) an Hour

4

**PENDULUM SHOULDER CIRCLES**

Shift your body weight in circles to allow your arm to swing in circles freely. Your arm should be fully relaxed.

Repeat on other side.

Duration 10 Seconds
Complete 1 Set
Perform 1 Time(s) an Hour

5

**UPPER TRAP**

Begin by retracting your head back into a chin tuck position. Next, place one hand behind your back and gently draw your head towards the opposite side with the help of your other arm.

Repeat 1 Time
Hold Move slowly
Complete 1 Set
Perform 1 Time(s) an Hour

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