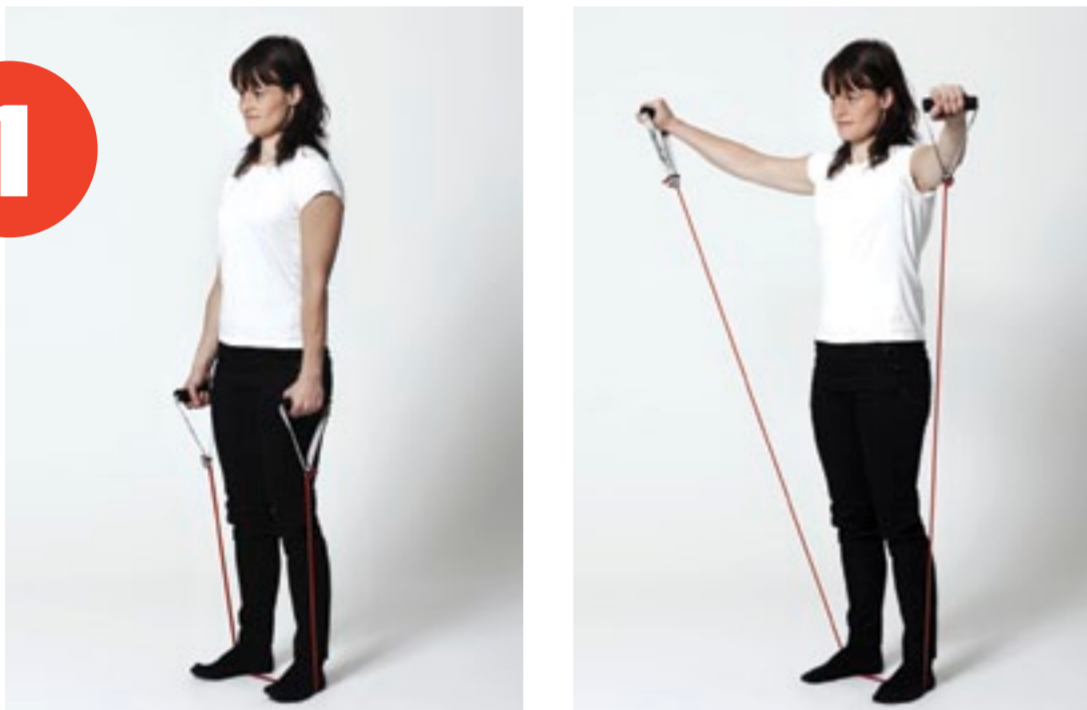


# 4 EXERCISES WITH ELASTIC BAND

The exercises train the “computer muscles” and help relieve pain in the neck, shoulder and arms.

1



## Raise

- Raise your arms to shoulder height
- Keep your arms slightly in front of your body (like in the picture)
- Keep your elbows slightly bent when raising the arms

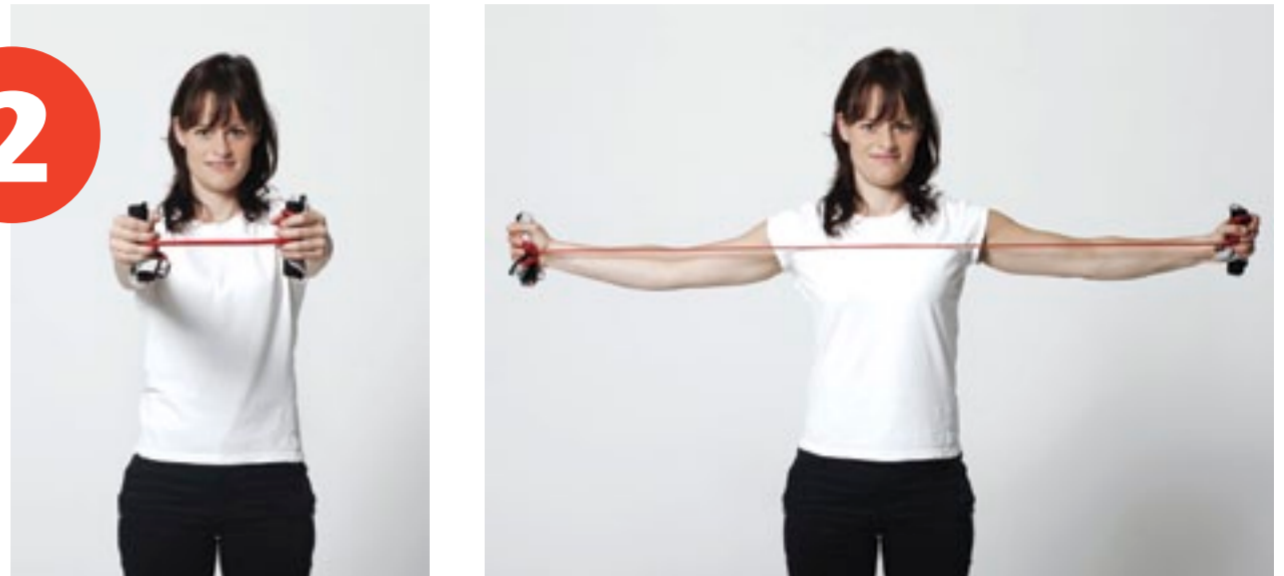
3



## Rotate

- Secure the elastic band at one end, e.g. to a door handle
- Rotate your arm while keeping the elbow near the body at all times
- Keep your elbow flexed at all times

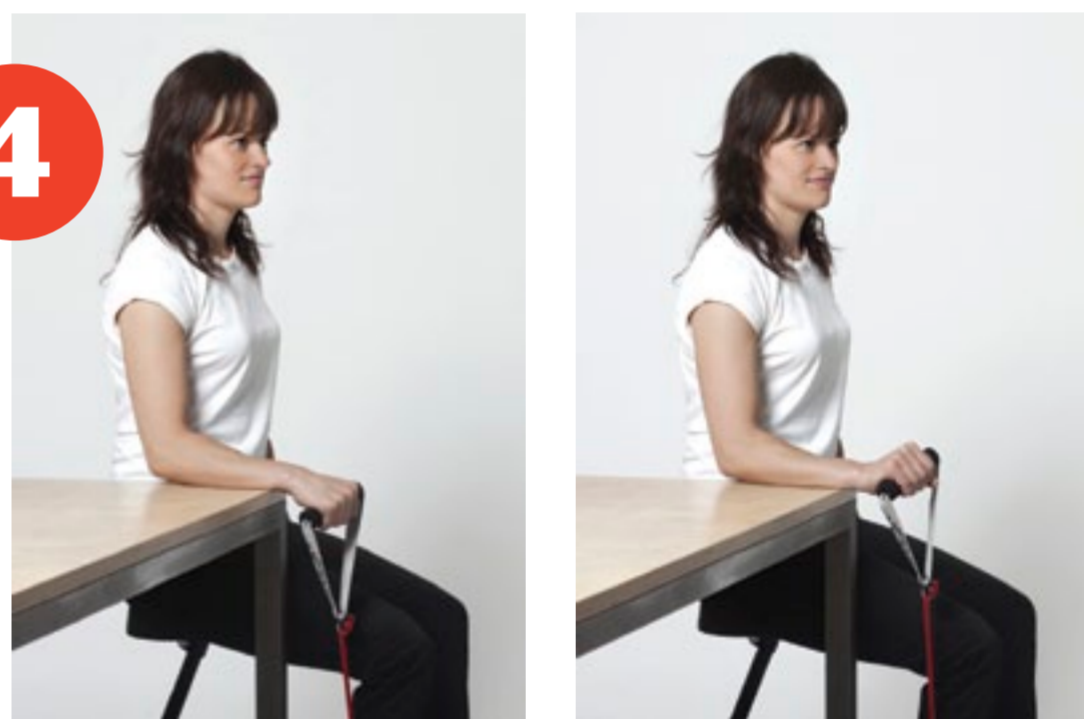
2



## Squeeze

- Shorten the elastic band and straighten your arms in front of you
- Stretch the elastic band and squeeze your shoulder blades
- Keep your elbows slightly bent at all times

4



## Lift

- Step on the elastic band at one end
- Make sure your wrist is free from the table edge
- Lift your wrist up and down

## Training tips:

- Perform the four exercises three times a week – or daily if you prefer
- Do the exercises with colleagues as an active break away from the computer
- The “5-minutes before lunch” programme: Repeat each exercise as many times as you can, resting a minute in between each exercise
- Start out easy and increase resistance when you can do 20 repetitions in a row
- If an exercise feels uncomfortable or makes your pain worse then reduce the resistance and have someone check whether you are doing it correctly. Otherwise skip the exercise
- You may feel muscle soreness during the first week of training. This is quite normal.

Professor, Lars L. Andersen