

POEL9E Exercises and wellbeing for desk-workers



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It is important for keyboard workers to avoid back pain, and to minimise the effects of repetitive keyboard work. In addition to making sure your seating arrangements and desk top ergonomics are correct, the following exercises - performed from a seated position - are useful in maintaining suppleness and reducing aches and pains.

Keyboard User Exercises

Remember that it is important to take regular short breaks from your work, and to change position from time to time, in order to prevent aches and pains from developing.

1) Finger Fan

Hold the hands out in front and spread the fingers apart as far as possible. Maintain for the count of 5, relax and repeat.

2) Shoulder Blade Squeeze

Link hands behind the chair and pull the shoulders back. Squeeze shoulders together and straighten arms, hold, release and repeat.

3) Back and Arm Stretch

Clasp the hands together and extend the arms straight above the head. Lean to the left, then to the right and stretch hard several times.

4) Shoulder Roll

Roll the shoulders backwards and forwards several times.

5) Neck Stretch

Bend the head forward and slowly turn it like a pendulum to look up to the right and then to the left. Then, with the head in a neutral position, slowly turn the head to look down to the left and to the right. Repeat several times.

6) Wrist Stretches

Straighten both arms out in front and, with one hand, bend the wrist of the other hand upwards and then downwards. Change hands and repeat.

7) Trunk Twist

Fold the arms and twist the trunk to the left and then to the right.

8) Hand Bend

Place your elbows on the table and, with one hand, gently take the opposite hand and bend back towards the forearm. Repeat with the other hand.