

Employee Health and Wellbeing Service

Exercises for Computer Users

The exercises shown are designed to help you avoid or minimise the effects of using the computer and sitting in the same position for long periods of time. The emphasis is on relaxation. Try these exercises at the start of your working day and occasionally during the day, particularly after periods of intensive computer use. Perform each stretch exercise smoothly and slowly, avoid jerky and bouncy movements. You do not need to perform all of them or keep them in the same order.

Incorporate exercises naturally into your normal working day. For example, go for a walk at lunch time and use the stairs rather than the lift and try to break up your work with movement away from the workstation.

However, before you begin exercising, check with your doctor if you feel that this or any other exercise programme may not be suitable for you and stop if you experience any discomfort or pain.

Posture Stretch



Sit upright and ensure that you have a curve in your lower back, breathe in. Bring both arms up above your head while breathing out and reach as high as you can, making sure your head is kept straight. Hold this position for about three seconds. Gently relax your arms to your sides, breathe in and relax your neck. Repeat two or three times. This exercise can also be done while standing).

Back Stretch



Stand up (or sit) with good posture. Place your hands on your lower back. Push your hips forward and shoulders backwards to arch your body. Gently come back to the upright position and relax. Repeat 2 or 3 times.

Shoulder Roll



Sit or stand with your arms hanging loosely at your sides. Raise your shoulders and rotate 2 or 3 times in a forward circular motion and repeat in a backwards direction.



Arm and Shoulder Stretch



Put your arms in front of your chest and link your fingers together. Lift your hands and arms above your head with your palms facing upward and stretch toward the ceiling. Hold for a few seconds. Gently relax

Head and Neck



Slowly turn your head left, hold for 3 seconds. Turn right, hold for 3 seconds. Drop your chin gently to your chest then tilt your head back as far as you can. Repeat this sequence 2 or 3 times.

Wrists, Hands and Fingers



With arms extended in front of you, raise and lower your hands several times. Rotate your hands 10 times then make a fist and hold for 1 second. With palm down, spread your fingers as wide apart as possible. Hold for a few seconds then relax your fingers.

Remember: If you are experiencing any aches and pains which persist and you believe may be attributed to computer use then as a precautionary measure please inform your manager. They may ask a DSE Assessor to re-evaluate your workstation.

For more information:

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