

## Exercise for the office 1: Shoulder-arm nerve mobilization



In a seated position; hold your upper body upright;  
Bring the index finger and thumb of each hand to form two circles. Raise your elbows and place the circles around your eyes, while placing the other fingers on your chin.



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Find more exercises at [www.bewegt.li/exercises](http://www.bewegt.li/exercises)

The exercises were provided by Mr Dieter Beh from the Überra Rehabilitation Clinic in Isny, Allgäu, Germany.

## Exercise for the office 2: Strengthening the lateral neck muscles



In a seated position; hold your upper body and head upright and place one palm on your cheek.

Gently press your palm against your cheek bone, and gently press your cheek bone against your palm.

**Hold the tension for 10–15 seconds, repeat 3–5 times per side, turn in both directions.**



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## Exercise for the office 3: Shoulder mobility – thoracic spine



In a seated position; hold your upper body upright, place your hands on your elbows.

Draw a horizontal figure of eight with your arms, keeping your head still, and only by gently moving your shoulders and upper body.

**Repeat 3–5 times in both directions.**



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## Exercise for the office 4: Strengthening the anterior neck muscles



In a seated position; hold your upper body and head upright and place your hands over each other. Place the backs of your hands against your forehead. Press your hands gently against your forehead and gently press your forehead against your hands.  
**Hold the tension for 10–15 seconds, repeat 3–5 times.**



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## Exercise for the office 5: Stretching the lower arm muscles



In a seated position; hold your upper body upright, and stretch your arm forward with the palm facing upward. Grasp your hand and pull it down until the palm is facing to the front.

**Hold twice on each side for 15–20 seconds**



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