

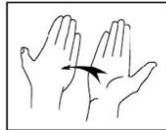
Taking frequent stretch breaks reverses the effects of our work positions and activities. Without periodic stretches, our muscles and joints adapt to our working posture. Stretch briefly a few times daily when doing deskwork. Hold a comfortable stretch for several seconds. Call ProCare3 with any questions or for a free consultation.

Wrist Tilt



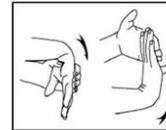
With hand open and facing down, gently bend wrist from side to side, as far as possible. Hold for 3 to 5 seconds. Repeat 3

Wrist Rotation



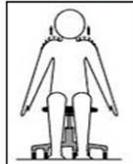
Start by stretching your arm and hand out slowly rotate the wrist down until you feel a stretch. Hold for 3 to 5 seconds.

Wrist Flexion / Extension



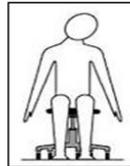
Grasp hand and hold fingers with the other hand. Slowly bend wrist down until you feel a stretch. Hold for 3 to 5 seconds. Relax and repeat 3 times. Then slowly bend your wrist up until you feel the stretch. Hold and relax.

Shoulder Shrug



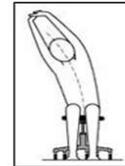
Raise the top of your shoulders towards your ears until you feel slight tension in your neck and shoulders. Hold this feeling of tension for 3 to 5 seconds. Then relax your shoulders downward into their normal position. Do this 2 or 3 times.

Neck Relaxer



Drop your head slowly to the left, trying to touch your left ear to your left shoulder. Repeat on the right side. Slowly drop your chin to your chest, turn your head all the way to the left, then turn all the way to the right.

Back / Side Stretch



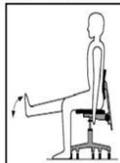
Interlace your fingers and lift your arms over your head, keeping the elbows straight. Press arms as far back as you can. To stretch your sides, slowly lean to the left and then to the right.

Back Curl



Grasp your shin. Lift the leg off the floor. Bend forward (curling your back), and reach your nose to your knee. Repeat with

Ankle Flex & Stretch



Hold one foot off the floor with your leg straight. Alternately flex your ankle (point your toes up) and extend (point your toes down). Repeat with the other leg.

Leg Lift



Sit forward on the chair so that your back is not touching the chair's back. Place feet flat on the floor. With a straight leg, lift one foot a few inches off the floor. Hold momentarily, and return your foot to the floor. Repeat with the other leg.

EXTENDED HOURS: Monday-Friday 7am-7pm & Saturday by Appointment

Millard Clinic 132nd & "L" (402) 330-7891	Embassy Clinic 92nd & Dodge (402) 502-0637	Papillion Clinic 73rd & Cornhusker (402) 991-0333	Sports & Specialties 1910 S. 72nd Street (402) 991-8959 www.procare3.com
SW "Q" Clinic 177th & "Q" (402) 991-8933	Downtown Clinic 39th & Farnam (402) 614-2634	NW Maple Clinic 156th & Maple (402) 991-1110	

Call our Millard 132nd & L location to schedule a FREE 15 minute physical therapy and/or balance consultation!