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

2. **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

3. **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**

The exercises are part of the campaign ‘Job and Body – prevent pain in muscles and joints’ from the Danish Working Environment Information Centre.

Watch the exercises on www.jobogkrop.dk (in Danish)