

The following list of exercises and stretches are designed to improve overall strength to assist you in preventing workplace injuries and also aid in rehabilitating from a repetitive motion injury.

- [General workstation stretches](#) (Canadian Centre for Occupational Health and Safety)
- [Total body stretches](#) (UCLA Ergonomics)
- [Upper body stretches](#) (UCLA Ergonomics)
- [Posture stretches](#) (UCLA Ergonomics)
- [Office](#) (UCLA Ergonomics)
- [Back exercises 15 min/day](#) (Mayo Clinic)