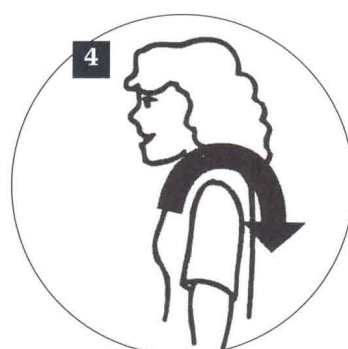
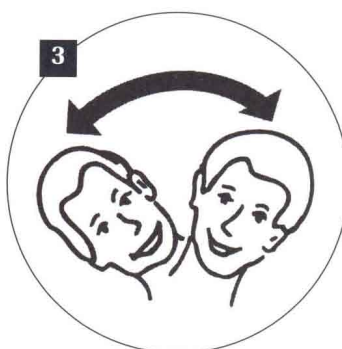
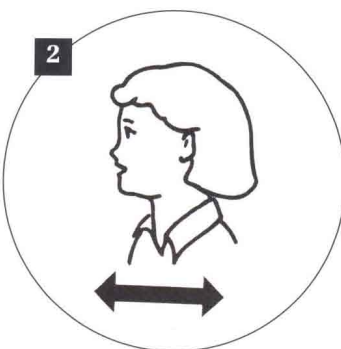
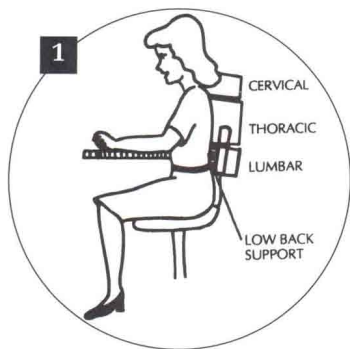


# Ten Exercises for Quiltmakers

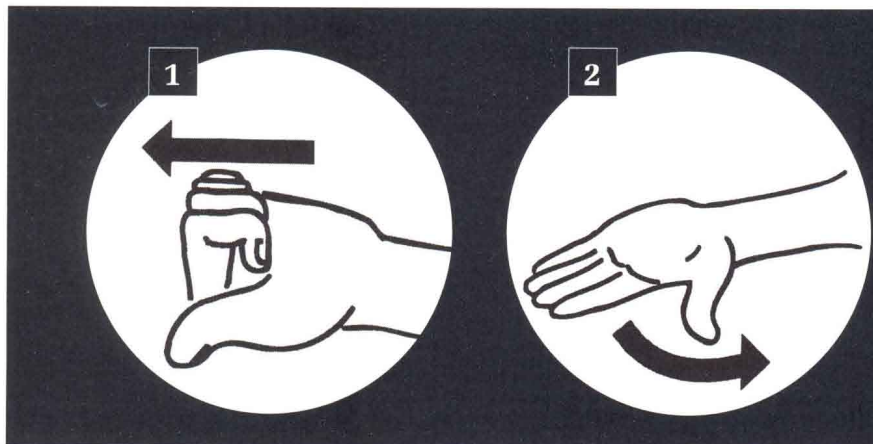


**GOOD SITTING POSTURE** – Good sitting posture allows your back to do its job of supporting you. Your goal is to keep the three natural curves of your spine in their normal, balanced alignment (1).

**NECK RETRACTION** – To realign your cervical curve, slide your chin straight back keeping your head and ears level. You should feel like you have a double chin. Repeat 5-10 times, several times throughout the day (2).

**NECK STRETCH** – To release muscle tension in your neck, try to touch your ear to your shoulder. Be sure to keep your nose pointing forward and move slowly. Repeat 5-10 times, several times during the day (3).

**SHOULDER CIRCLES** – To release muscle tension in your neck, shoulders, and upper back, circle your shoulders backward in a wide arc. Make several circles then relax. Repeat 5-10 times throughout the day (4).

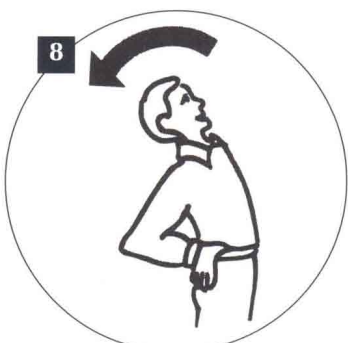
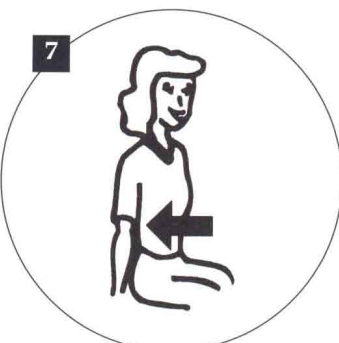
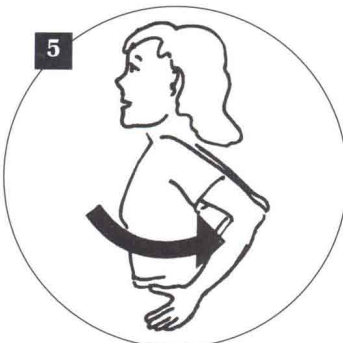


**ELBOW PRESS** – To release muscle tension in your middle back, bring your elbows out to the side at chest height. Press them gently backward, hesitate a moment, then release. Repeat 5-10 times, several times throughout the day or whenever you feel stiff or tired (5).

**MIDDLE BACK STRETCH** – To realign your thoracic curve, bend both elbows and press one arm above you and the other behind you. Repeat 5-10 times, several times throughout the day (6).

**ABDOMINAL STRENGTHENER** – Strong abdominal muscles will help support your lower back and keep it aligned. Sit with your buttocks firmly against the back of your chair and exhale and tighten your abdominal muscles for a count of 10. Release and repeat 5-10 times, several times during the day (7).

**BACKWARD BEND** – To reverse the slouch curve and release muscle tension in your lower back, stand up, press your palms on your lower back for support, and gently bend your upper and lower back backward. Hesitate a moment, then release. Repeat 5-10 times, several times a day.



Certain repetitive hand activities may put you at a higher risk for developing a variety of wrist problems. By learning how to modify how you use your hands, you may be able to reduce the risk.

- Keep your wrist in neutral. Avoid using your wrist in a bent or twisted position for long periods of time. Try to maintain your wrist in a neutral (straight) position.

- Rest your hands. Periodically give your hands a break by letting them rest briefly. You may be able to alternate easy and hard tasks, switch hands, or rotate activities.

**GRIPPING** – To release muscle tension in your hands, slowly make a fist then stretch your fingers out straight while spreading your fingers. Hold this position for a second then relax. Repeat 5-10 times, several times during the day (1).

**THUMB STRETCH** – To release muscle tension in your thumbs, stretch your thumb out to the side gently pulling on it with your opposite hand. Hold it in a stretched position for a count of 3, then release. Repeat 5-10 times, several times during the day (2).

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