

## STUDENT'S WORKSHEET

- ✘ Do you use computer regularly?
- ✘ What health problems did you get while working with a computer?
- ✘ What is **Repetitive strain injuries (RSIs)**?

### True and false :

1. One cause of RSI is typing for long periods of time without rest. \_\_\_\_\_
2. Using a monitor that faces the window without curtain will cause eye strain. \_\_\_\_\_
3. It is not important to take regular break while using a PC. \_\_\_\_\_
4. RSI stands for Repetitive Stress Illness. \_\_\_\_\_
5. Adopting the right posture while using the computer will reduce back pain. \_\_\_\_\_

### Questions :

- a. State two health problems associated to the use of computers.
- b. For each above mentioned health problems, state two precautions that can be taken to reduce these health problems.

### PILATES EXERCISES :

To achieve maximum benefit from the following exercises:

- ❖ Stretches should be held for at least 10 seconds and repeated 2-3 times.
- ❖ Hold the stretch within comfortable limits and avoid overstretching.
- ❖ Use smooth, controlled movements, don't jerk or bounce which can injure muscle tissue.
- ❖ Continue breathing throughout each exercise.

### SEATED HIP STRETCH

- ❖ While seated, cross the right ankle over the left knee, gently lean forward
- ❖ Hold the back of the seat of the chair for support
- ❖ Keep your back straight
- ❖ Continue to lean forward until you feel a stretch in the hips and buttocks
- ❖ Hold for 10 seconds and repeat on the other side.

### CAT STRETCH

- ❖ Stand 1 foot from your desk
- ❖ Place your hands shoulder width apart on the desk
- ❖ Your feet should also be shoulder width apart

- ❖ Slowly arch your back like a cat, drop your chin to your chest and tucking in your pelvis
- ❖ Hold for 10 seconds, then release
- ❖ Arch your back slightly in the other direction, pushing your buttocks backward and raising your head upward
- ❖ Hold for 10 seconds and release.

### BACK STRETCH

- ❖ Sit forward on your chair and open your legs a little wider than your hips
- ❖ Lean forward from your hips and gently bend your back forward
- ❖ Let your head and arms hang down to the floor, hold for 10 seconds.

### STOMACH VACUUM

- ❖ While seated or standing, place your hands on your hips or over your head
- ❖ Exhale all the air out of your lungs
- ❖ As you exhale, bring your stomach in as far as possible & hold it in
- ❖ Do not hold your breath, continue breathing while performing this exercise.
- ❖ Visualize trying to touch your navel to your backbone
- ❖ Hold for 10 seconds and release.