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)