

Table 2. Descriptions of the exercises for preventing musculoskeletal complaints, the Biomechanics Laboratory of Central Institute for Labor Protection – National Research Institute, Warsaw, Poland, 2021

Exercise	Starting position	End position/motion	Comments	Picture
Mobilization of the median nerve	standing position, feet set at hip width, one upper limb hangs freely along the torso, the other is visited at the shoulder joint to 90°, rotation of the head and neck in the direction opposite to the exercised upper limb, gaze directed forward (ahead)	perform alternating flexion and extension movements of the wrist	<ul style="list-style-type: none"> – avoid lifting the shoulder and bending the forearm during the stretching of the nerve when extending the arm – mild discomfort is possible (expected) – a tingling/ numbness/tension sensation in various parts of the limb 	
Stretching the median nerve	standing position, feet positioned at hip width, upper limbs abducted at the shoulder joints to 90°, and the palmar side of the hands is facing the ground, gaze facing forward (in front)	make a movement of straightening your hands and lengthening your arms by spreading them out to the sides (a movement as if you want to push the walls apart)	<ul style="list-style-type: none"> – avoid lifting shoulders and bending forearms as well as bending fingers – during the stretching of the nerve when extending the arm, mild discomfort is possible (expected), a sensation of tingling/numbness/tension in different parts of the limb 	
Chest stretching	standing position (sideways to the wall), feet set at hip width, one upper limb hangs freely along the torso, the other is visited at the shoulder joint to a right angle and the hand rests on the wall (arm in external rotation that is, fingers pointing backwards), gaze directed forward (in front of you)	take a small step, turning your torso away from the wall while keeping your hand position unchanged	<ul style="list-style-type: none"> – keep the forearm straight and avoid lifting the shoulder up during the exercise – when stretching, do not do pumping/springing, after stretching, maintain the position until the tissues relax – gentle discomfort, tingling/ numbness/tension sensation in different parts of the limb or a chest is possible (expected) – perform the exercise on the right and left side 	

Table 2. Descriptions of the exercises for preventing musculoskeletal complaints; the Biomechanics Laboratory of QOP-PIB, Warsaw, 2021 – cont.

Exercise	Starting position	End position/motion	Comments	Picture
Stretching the flexor muscles of the hand and fingers	kneel supported, fingers abducted at the metacarpophalangeal joints, thumb and fingers flat against the floor	shift your weight forward so that your arms are as straight as possible	<ul style="list-style-type: none"> - avoid bending your fingers (pulling your fingers away from the ground) - during the exercise you will feel tension/discomfort, stretching of the forearm - if you feel pain in the wrist reduce the intensity of stretching - after the exercise, relax your wrists by doing a few circles or “shake” them 	
Hand extension with resistance	standing position, feet set hip-width apart, one upper limb hanging freely along the torso, the other limb bent at the elbow joint to 90°, forearm pronated, weight held in the hand	perform alternating flexion and extension movements of the hand with resistance	<ul style="list-style-type: none"> - control the flexion movement of the hand so that the hand slowly lowers instead of falling under the influence of gravity and the dead weight of the weight being held - avoid over-squeezing the weight - keep the forearm in the same position during hand movements 	
Hand flexion with resistance	standing position, feet set hip-width apart, one upper limb hanging freely along the torso, the other limb bent at the elbow joint to 90°, forearm supinated, weight held in the hand	perform alternating flexion and extension movements of the hand with resistance	<ul style="list-style-type: none"> - control the flexion movement of the hand so that the hand slowly lowers instead of falling under the force of gravity and the dead weight of the weight being held - avoid over-squeezing the weight, keep the forearm in the same position during hand movements 	
Pronation and supination of the forearm with resistance	standing position, feet set hip-width apart, one upper limb hanging freely along the torso, the other limb bent at the elbow joint to 90°, forearm pronated, weight held in the hand	perform alternating forearm supination and pronation movements with resistance	<ul style="list-style-type: none"> - control the movement - avoid over-squeezing the weight, keep the forearm in the same position during the hand movements 	

Photos: Patrycja Łach.