



إحدى شركات مؤسسة البترول الكويتية
A Subsidiary of Kuwait Petroleum Corporation

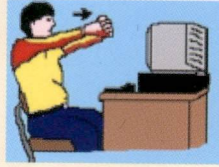
“Ergo-Break Exercises Program”

- Simple Stretches for Computer Users
The following Exercises should be done every hour or so throughout the day or whenever you feel stiff.
- Repeat each exercise few times.
- Try to get up and walk around the office whenever possible.

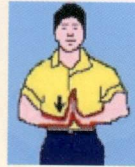


AHMADI HOSPITAL
Physiotherapy Department

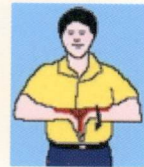
اليوم العالمي
للعلامة الطبيعي
World PHYSIOTHERAPY DAY



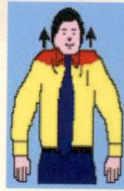
(1)



(2)



(3)



(4)



(5)



(6)



(7)



(8)



(9)



(10)