STRETCHES FOR THE OFFICE

Take a few minutes to do these stretches while sitting at your desk or computer.

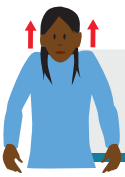
- Start each stretch from a neutral, aligned position using good posture
- Stretch only to the point of comfortable tension, then relax and hold
- Don't bounce while stretching
- Stretch slowly and remember to breathe
- If you feel any pain, stop immediately and relax

NECK TILTS

Start with head in a comfortable position. Slowly tilt your left ear toward your left shoulder and hold for 10 seconds. Repeat on right side. Do this 2-3 times per side

HEAD TURN

Turn your chin slowly toward your left shoulder to create a stretch on the right side of your neck. Hold for 10 seconds, and repeat for the other side. Do this 2-3 times per side.



SHOULDER SHRUGS

Raise the top of your shoulders up towards your ears. Hold for 3-5 seconds then relax. Repeat 2-3 times.

FOREARM STRETCH

Interlace your fingers, then stretch arms out and face your palms away from you. Hold for 10-20 seconds. Do 2 times.

SHOULDER AND CHEST STRETCH

Slowly raise arms up and back until you feel a stretch in the front of the shoulders and chest. Hold for 10 seconds. This stretch may also be done standing.

SHOULDER AND UPPER ARM STRETCH

Hold your left arm just above the elbow with the right hand and pull your arm toward your right shoulder as you look over your left shoulder. Hold for 15-20 seconds and repeat for the other side.

UPPER BODY STRETCH

Interlace your fingers, then turn your palms upward and straighten arms above your head. Extend your arms as you feel a stretch through your arms and upper sides of your rib cage. Hold 15-20 seconds.

SHOULDER AND ARM STRETCH

With your right arm behind your head as shown, use your left hand to gently pull the elbow until you feel a stretch in the shoulder and back of upper arm. Hold 10 seconds, repeat on left side.

BACK AND HIP STRETCH

Sit with your left leg bent over your right leg and look over your left shoulder. Place your right hand on left thigh and apply gentle pressure toward the right. Hold 10 seconds, and repeat on the right side.

Remember to get up and move around or take a stretch break every 30 to 50 minutes.

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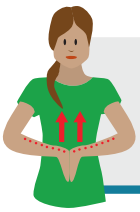
BACK AND HIP STRETCH

Sitting on a chair, place your left ankle on your right knee. Place your hands on your left lower leg and slowly bend forward towards leg, keeping your back straight. Hold for 15 seconds. Repeat on the right side.

BACK STRETCH

Lean forward, keeping head down and neck relaxed. Hold for 10-20 seconds. Use hands to push yourself back up.



FOREARM EXTENSORS

Press your palms together in front of your chest, fingers pointing down. Lift your hands towards your chest, keeping your palms pressed together tightly. Keep lifting until you can feel your forearms experiencing a mild stretching sensation. Hold 10 seconds.

FOREARM FLEXORS

Press your palms together in front of your chest, fingers pointing up. Slowly lower your hands toward your waist, keeping your palms together and your hands close to your stomach. Hold 10 seconds

HAMSTRING STRETCH

Sitting in your chair, hold onto your upper left leg just below the knee. Gently pull your bent leg toward your chest. Hold 10 seconds, and repeat on the right side.

QUADRICEP STRETCH

If required, support yourself by holding onto a chair, desk or wall.
Slowly pull the ankle up until you feel a stretch in the front of the thigh. Hold for 15 seconds. Repeat on opposite side.

CALF STRETCH

With your hands on the wall, keep one leg forward, bent at the knee. The other leg is straight, behind you. Keeping your back heel on the ground, lean into the wall until you feel a stretch in the calf muscle.

HAND AND WRIST STRETCH

With arms outstretched in front of you, make a fist. Release your fingers and fan them out. Stretch them as far as you can (comfortably). Repeat 5-10 times

HAND AND WRIST STRETCH

With elbows straight, stretch your left arm out in front with fingers facing down. Use your right hand to gently pull back fingers until you feel a stretch. Hold for 5 seconds. Repeat other side. Repeat with fingers facing up, using your opposite hand to pull the fingers gently back towards you, keeping your arm straight. Hold for 5 seconds. Repeat other side.

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