

# OFFICE STRETCHES

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

- 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 and breathe slowly.
- If you feel any pain, stop immediately and relax.



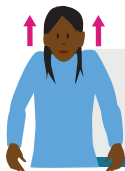
## NECK TILTS

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



## HEAD TURN

Turn your chin slowly towards 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 to 3 times per side.



## SHOULDER SHRUGS

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



## FOREARM STRETCH

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



## SHOULDER & CHEST STRETCH

Place your arms back, interlace your fingers and slowly raise up until you feel a stretch in the front of the shoulders and chest. Hold for 10 seconds.



## SHOULDER & UPPER ARM STRETCH

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



## UPPER BODY STRETCH

Interlace your fingers, then turn your palms upwards 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 for 15 to 20 seconds.



## SHOULDER & 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 your upper arm. Hold for 10 seconds and repeat on the left side.

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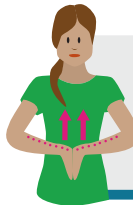
## BACK & HIP STRETCH

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 15 seconds. Repeat on the right side.



## BACK STRETCH

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



## FOREARM EXTENSORS

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



## FOREARM FLEXORS

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



## HAMSTRING STRETCH

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



## QUADRICEP STRETCH

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



## CALF STRETCH

With your hands on the wall, keep one leg forwards, 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. Hold for 10 to 15 seconds and switch sides.



## HAND & WRIST STRETCH

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



## BACK & HIP STRETCH

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



## HAND & 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. With fingers facing up, use your opposite hand to pull the fingers gently back towards you, keeping your arm straight. Hold for 5 seconds. Repeat other side.

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



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