

## Office Stretching

To help improve comfort and reduce the effects of sitting in one position all day at your desk, consider performing the following sample stretches 2-3 times each day. These stretches should be held for 30 seconds for each body part and remember to stretch each side of your body. Most importantly, stretching should be pain free and you should not force yourself beyond your limits. You should see a physician to ensure you are healthy enough to participate in a stretching program. If you feel any discomfort from completing a stretch, you should stop immediately. Additionally, simply getting up and out of your chair and moving around for a few moments throughout the day is another good way to help improve comfort.

### Neck Stretch



- ✓ Tuck your chin towards chest.
- ✓ Use the weight of your head to pull the head down towards the chest.
- ✓ Keep your shoulders and arms relaxed.



- ✗ Pull with the arms to increase the force of the stretch.
- ✗ Lean your torso forward.



### Neck Stretch



- ✓ Slightly bend your head to the left side.
- ✓ Let the weight of the arms pull the head towards the shoulder.
- ✓ Keep the torso and back neutral (upright without slouching).
- ✓ Switch sides and repeat.



- ✗ Pull head more than a gentle movement.
- ✗ Lean your torso to the side.



### Shoulder Stretch



- ✓ Slowly raise shoulders upwards toward your ears.
- ✓ When lowering the shoulders, focus on pulling the shoulder blades down.



- ✗ Hold your breath.
- ✗ Lean forward at the hips.



### Shoulder Stretch



- ✓ Reach one arm across your chest at shoulder height.
- ✓ With the non-stretching arm hold the stretching arm at or near the elbow.
- ✓ The non-stretching arm pulls at the elbow, attempting to pull elbow towards the opposite shoulder.



- ✗ Rotate at the spine.
- ✗ Drop or raise the elbow below/above the shoulder.



### Shoulder Stretch



- ✓ Bring your arm up like you would to scratch your back.
- ✓ With the non-stretching arm hold the stretching arm at or near the elbow.
- ✓ The non-stretching hand pulls at the elbow, attempting to pull elbow behind the head.



- ✗ Bend the head forward.
- ✗ Force your arm above your head.



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## Chest Stretch



- ✓ Interlace your fingers with your arms behind your body.
- ✓ Lightly try to straighten your arms at the elbow.
- ✓ Slowly reach back towards the chair.



- ✗ Lean forward at the hips.
- ✗ Do not sit too close to the edge of the chair.



## Back Stretch



- ✓ Raise arms overhead and interlace your fingers.
- ✓ Slowly lean to one side.
- ✓ Keep fingers interlaced while leaning to the side.
- ✓ Repeat for opposite side.



- ✗ Bend your back forward.
- ✗ Twist your back.



## Wrist Stretch



- ✓ Position one arm at shoulder height with elbow straight and palm out in front of your body.
- ✓ Extend your fingers up.
- ✓ Opposite arm grabs palm area and slowly pulls towards elbow.
- ✓ Repeat with fingers down.



- ✗ Bend the elbow.
- ✗ Don't pull up on the fingers.



## Leg Stretch



- ✓ With one foot supported on floor, grasp opposite knee.
- ✓ Slowly pull knee towards chest.
- ✓ Make sure back rest is in locked position and keep back supported against the chair.



- ✗ Bend forward at the hips.



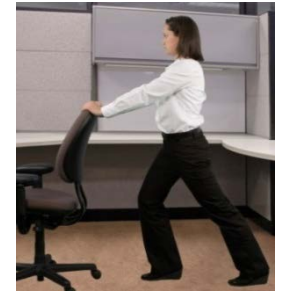
## Standing Leg Stretch



- ✓ Stand behind chair with one leg in front of the other.
- ✓ Place hands on top of chair for balance.
- ✓ Slowly lunge forward (bend forward knee) while keeping the spine straight (not slouching) and your core tight.



- ✗ Bend forward at the hips.
- ✗ Pass front knee over the toes.
- ✗ Lean body weight on the chair.



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