

Office Stretches



Neck



- Face straight ahead.
- Tilt your head so that you're moving your ear toward your shoulder. Don't bring your shoulder up to your ear.
- Hold the stretch for 15- 30 seconds.
- Relax and slowly return to the starting position.
- Tilt your head to the other side and repeat the stretch.



- Face straight ahead.
- Lower your chin to your chest.
- Hold the stretch for 15- 30 seconds.
- Relax and slowly return to the starting position.
- Repeat.



- Face straight a head.
- Gently turn head to one side.
- Hold the stretch for 15- 30 seconds.
- Relax and slowly return to the starting position.
- Gently turn head to the other side.

Shoulders and Back



- Sit in chair, and place feet flat on the floor.
- Reach across body and grab back of chair.
- Pull gently to increase stretch in mid back.
- Hold 15-30 seconds.
- Relax and slowly return to the starting position.
- Repeat the stretch to the other side.



- Place one hand under your elbow.
- Lift your elbow and stretch it across your chest. Don't rotate your body as you stretch.
- Hold the stretch for 30 seconds.
- Relax and slowly return to the starting position.
- Repeat the stretch with the other arm.



- Reach up over your head with both arms.
- Hold for 15 - 30 seconds.

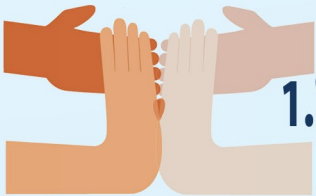


- Sit forward in your chair.
- Bring one of your knees toward your chest. Use your hands to gently pull your knee toward you pull it toward you. Keep your back straight, being careful not to lean forward.
- Hold the stretch for 30 seconds.
- Relax and slowly return to the starting position.
- Repeat the stretch with the other leg.



- Place arms behind head being careful not to press hand into head.
- Relax shoulders, and squeeze shoulder blades together while keeping shoulders back and down.
- Hold 15-30 seconds.

Wrists



1. Grasp palm and fingers; gently bend back wrist. Hold 5 seconds.



2. Press hands together at chest height. Lower hands toward lap until you feel stretch in wrists. Hold 5 seconds.



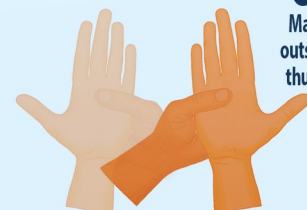
3. Spread fingers wide. Hold 5 seconds.



4. Gently pull thumb back and down until you feel the stretch. Hold 5 seconds.



5. Curl fingers into a fist starting with little finger. Then curl wrists. Hold 5 seconds.



6. Massage inside and outside of hand with thumb and fingers. Shake out.