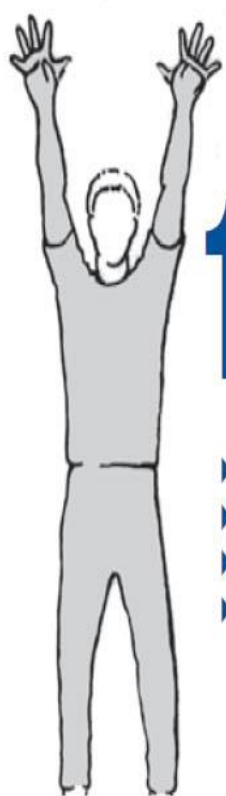


Workplace Stretches

These stretches can help alleviate pain caused by sitting at a desk for an extended period. They can also be used as a pre-work warmup for jobs that require more physical activity!

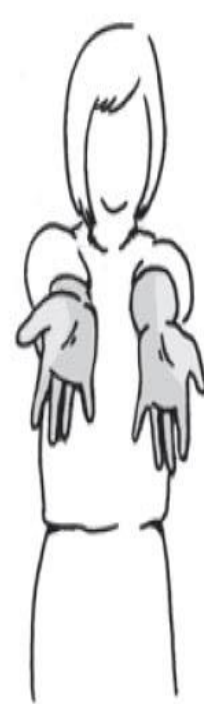


1 WAKE-UP STRETCH

- ▶ raise arms above head
- ▶ come up on your toes
- ▶ reach as high as you can
- ▶ flex and extend fingers while counting

1

2



2 WRIST EXTENSIONS

- ▶ extend both arms straight out in front of your chest
- ▶ place palms out, finger tips down



3 WRIST FLEXION STRETCH

- ▶ extend arms straight out in front of your chest
- ▶ place backs of wrists together
- ▶ flex fingers toward your body

3

4



4 NECK STRETCH

- ▶ slowly tilt left ear toward left shoulder
- ▶ repeat in all directions — right, front, and **carefully** back



5 UPPER BACK STRETCH

- ▶ grasp beyond right elbow with left hand
- ▶ pull arm horizontally across body while looking over right shoulder
- ▶ repeat on opposite side

5

6



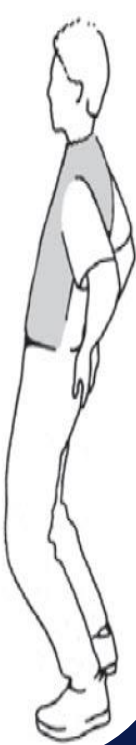
6 SHOULDER STRETCH

- ▶ place left hand in center of upper back
- ▶ grasping beyond the elbow, pull left arm gently downward with right hand
- ▶ repeat on opposite side

7

UPPER EXTENSION STRETCH

- ▶ place hands on lower back to maintain support
- ▶ carefully arch upper body backwards, keeping lower body stationary
- ▶ be careful not to over extend, keep head facing forward
- ▶ push forward with hands and arms for recovery



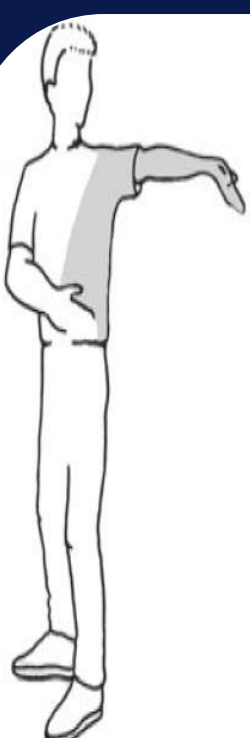
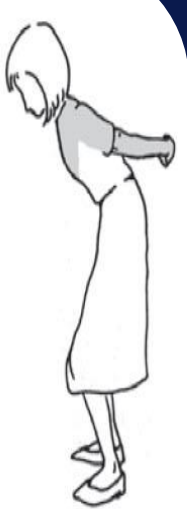
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8

SHOULDER ROTATION STRETCH

- ▶ clasp hands behind back, **if comfortable**
- ▶ keep knees slightly bent, feet shoulder width apart
- ▶ bend forward at waist to a **45° angle**, keep back straight, head in line with back
- ▶ lift arms upward
- ▶ slowly return to upright position by releasing hands and pushing hips forward



9 LATERAL ROTATION STRETCH

- ▶ grasp left hip with right hand
- ▶ extend left arm out to left side, palm up, finger tips down
- ▶ rotate upper body and head to the left, keep hips forward
- ▶ repeat on opposite side

9

10



10 LATERAL SIDE STRETCH

- ▶ place right hand on right hip
- ▶ extend left arm over head
- ▶ reach overhead with left arm while flexing and extending your fingers
- ▶ repeat on opposite side

Check with your physician if you are unsure about your ability to perform any of these stretches.