

OFFICE STRETCHES

PERFORM EACH
STRETCH FOR
15 SECONDS



NECK & SHOULDERS

1



Without turning head, gently move one ear to its closest shoulder.

2



Gently push one hand toward the floor. Look up and back on a diagonal direction towards the sky and away from hand.

3



Sit up tall with one arm down by side or behind back. Slowly turn your head to the opposite side away from your arm and look down towards the armpit.

4



Wrap towel around your neck. Pull down and extend backwards.

5



Retract chin backwards gently while keeping head straight.

6



Cross elbows, hold thumb, raise elbows, take hands away from body.

BACK & CHEST

7



1. Place hands over top of one another on a bench or high desk.
2. Keep back straight and bend forward from the hip and extend out.

8



1. Stand tall and gently interlock fingers.
2. Inhale and slowly bring your hands up above your head, rotating your hands so that your palms face away from your body.
3. Gently arch backwards, slightly keeping the legs straight.

9



1. Stand tall with hands gently interlocked behind back
2. Slowly move arms/hands upwards without leaning forward or bending at hips.

FOREARM & WRIST

10



1. Straighten arm
2. Point finger towards the floor with the palm facing the body.
3. Gently pull the knuckles downward towards you with the opposing hand.
4. Feel stretch on the topside of the forearm.

11



1. Straighten arm.
2. Point fingers towards the floor or the sky with the palm facing away from the body.
3. Gently pull knuckles/fingers towards you with your opposite hand.
4. Feel stretch on the underside of the forearm.

LOWER LIMBS

12



1. Stand upright.
2. Place one heel on the ground or a chair in front of the body.
3. Gently lean forward from the hips but without losing natural curve in the lower back.
4. If needed, bend knee to reduce discomfort.

13



Place foot on opposite knee and gently push knee down (left and right).

14



1. Stand with feet greater than shoulder width toes pointing forward.
2. Push back heel towards the ground while bending forward with the front knee.