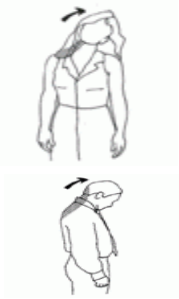


Stretch at Your Desk!

*You should feel a stretch, but NOT be in pain!



1. Neck Tilts

- Shoulders relaxed, arms hang loosely
- Tilt head to one side - hold for 5 sec, then do the opposite side
- Shoulders relaxed and down
- Tilt head gently forward and hold for 10 sec then relax



6. Hamstring

- Sitting, hold onto upper left leg just above and behind the knee
- Gently pulls bent knee toward the chest and hold for 15-20 sec
- Relax and repeat on the right leg



2. Shoulder Shrugs

- Raise shoulders towards ears and hold for 5 sec
- Relax and repeat



7. Upper Body

- Interlace fingers, turn palms upward and straighten elbows above the head
- Elongate arms to stretch through upper sides of the rib cage
- Hold for 10-15 sec and breathe deeply



3. Wrist/Forearm

- Place hands palm to palm
- Rotate palms around until they are facing down, keeping elbows even and hold for 5-10 sec then relax



8. Back

- Lean forward in a chair
- Head down, neck relaxed, hold for 10-20 sec
- Use hands to push yourself back up



4. Back and Hip

- Bend left leg over right leg and look over left shoulder
- Place right hand on left thigh and apply pressure
- Hold for 10 sec then repeat for right side



9. Side to Side

- Hold left elbow with right hand and gently pull your elbow behind your head
- Hold for 10 sec, do not overstretch or hold breath
- Relax and repeat on the right side



5. Upper Back

- Interlace fingers behind head with elbows out pull shoulder blades together
- Hold for 5-10 sec then relax



10. Hand/Finger

- Separate and straighten fingers and hold for 10 sec, then bend at the knuckles and hold for 10 sec