

Stretching Exercises for the Office

Stretching Guidelines

- Perform these warm-up stretches before beginning work tasks and if you are inactive for more than 45 minutes.
- Do not bounce while stretching.
- Only stretch to the point of mild tension, not pain.
- Hold stretches for 15-30 seconds.
- Repeat stretches (3-4 times) until your muscles feel warm and loose.
- If you have any medical conditions or have had injuries to your neck, shoulders, back, or arms, check with your health care professional before doing these stretches.

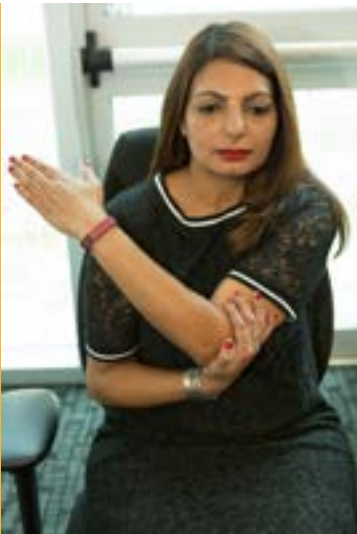
Shoulder Rolls



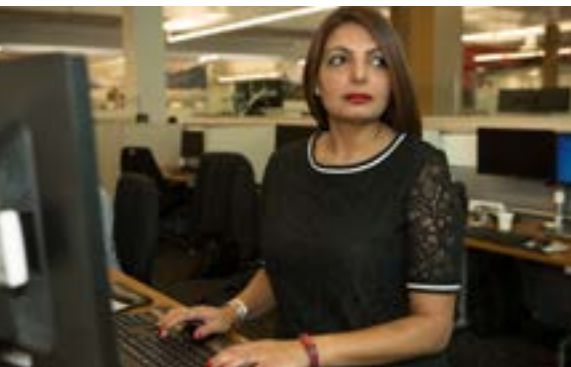
- As you inhale, raise your shoulder blades and shoulders to your ears.
- As you exhale, pull your shoulder blades down and together.
- Repeat 5 times.

Shoulder Stretch

- Bring your left arm across your body and hold it with your right arm above the elbow.
- Hold for about 15 seconds.
- Switch arms and repeat.



Eye Relaxation



- 20-20-20 Rule: Every 20 minutes, look 20 feet away for 20 seconds.

Back Stretch

- Sit up tall and slowly twist your upper body to the left.
- Place your left arm behind the chair and look over your left shoulder.
- Hold for about 15 seconds.
- Repeat on the other side.



Neck Stretch

- Bend your head forward and slightly to the right.
- With your right hand, gently pull your head downward.
- You'll feel a nice, easy stretch along the back left side of your neck.
- Hold for about 5 seconds.
- Repeat on the opposite side.
- Repeat 3 times.



Forearm Stretch



- Stretch your right arm out in front of you with the hand turned upwards, fingers pointed towards the ceiling.
- Use your left hand to gently pull the fingers towards your body.
- Hold for about 15 seconds.
- Switch arms and repeat.



- Stretch your right arm out in front of you with the hand turned down, fingers pointed towards the floor.
- Use your left hand to gently pull the fingers towards the body.
- Hold for about 15 seconds.
- Switch arms and repeat.