

Desk Stretches

Perform these exercises 2-3 times/day.

Remember to stay relaxed and breathe while stretching!

Shoulder Rolls



Roll your shoulders up and backwards, pulling your shoulder blades down your back with each rotation.

Repeat 5-7 times.

Neck Stretches

Put one arm behind your back or gently sit on your hand to open up the front of your shoulder and lengthen your neck.

Drop your head to the opposite side for 5-6 breaths. Angle your chin down (as pictured) or upwards to access different muscles. Use your arm for extra traction (as pictured) if needed.



Low Back/Hip and Buttock Stretch

Cross one leg over the other at the knee. Sit straight and tall and allow your knee to fall.

This may be enough of a stretch. Breathe. If you would like to increase the stretch lean forward, hinging at the hip.

