



OFFICE STRETCHES

To prevent and reduce desk-life pain

MOVE AROUND



Sitting for long periods of time can leave desk workers with **achy muscles**.



Experts recommend taking a stretch break every **20–30 minutes**.

FINGER STRETCHES



- 1 Separate and straighten your fingers until you feel a stretch.
- 2 Keep your hand in alignment with your wrist the whole time.
- 3 Hold for **10 seconds**.
- 4 Then, with your hands in the same position, bend the knuckles.
- 5 Hold for **10 seconds**.

WRIST STRETCH



- 1 Grasp one hand and slowly pull back your fingers.
- 2 Hold for **5 seconds**.
- 3 Then gently press the back of the hand. The stretching hand should be down with the palm facing you.
- 4 Hold for **5 seconds**.
- 5 Repeat with the other hand.

BACK OF NECK STRETCH



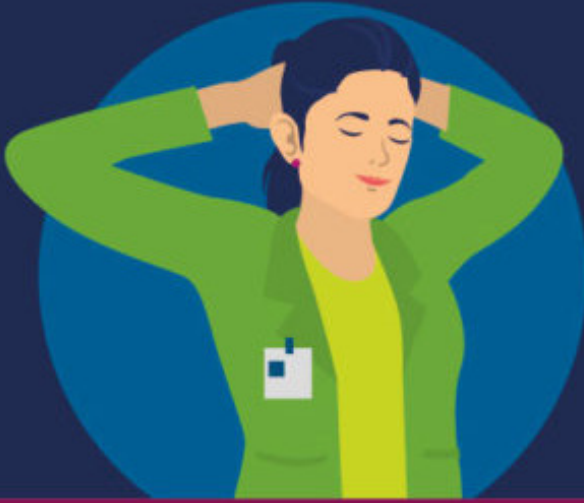
- 1 Lower your chin to your chest.
- 2 For an added stretch, place your hands on the back of your head and very gently press down on your head so you feel more of a stretch through the back of the neck.
- 3 Hold for **15 to 30 seconds**.

SIDE NECK STRETCH



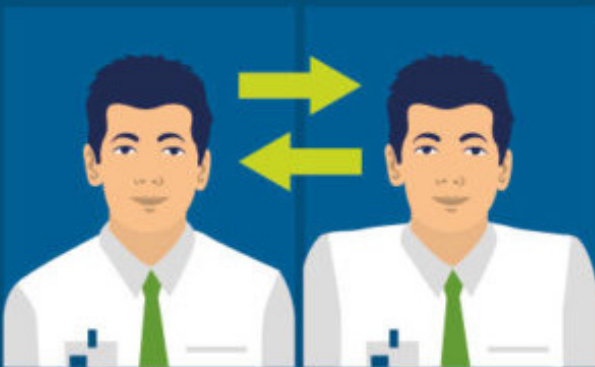
- 1 Turn your head to one side while keeping your shoulders straight.
- 2 Keep your chin parallel with the floor.
- 3 Hold for **15 to 30 seconds**.
- 4 Turn your head to the other side and repeat.

ELBOWS-OUT CHEST STRETCH



- 1 Place your hands behind your head.
- 2 Squeeze your shoulder blades back and down as you bring your elbows back as far as possible.
- 3 Hold the stretch for **15 to 30 seconds**.

SHOULDER SHRUG



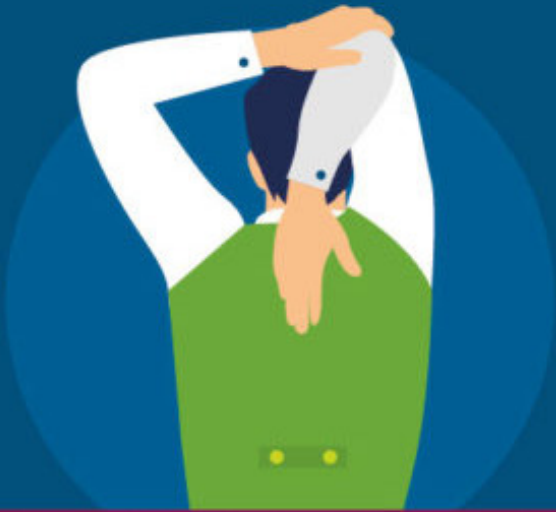
- 1 Bring your shoulders up toward your ears.
- 2 Hold for **5 seconds**.
- 3 Roll your shoulders back and down.
- 4 Repeat **5 to 10 times**.

ACROSS-THE-BODY SHOULDER STRETCH



- 1 Place one hand under your elbow.
- 2 Lift the elbow and extend it across your chest without rotating your body.
- 3 You will feel a stretch along the back of your arm and into the back of the shoulder.
- 4 Hold for **15 to 30 seconds**.
- 5 Repeat with the other arm.

OVERHEAD SHOULDER STRETCH



- 1 Lift one arm and gently bend it behind your head.
- 2 Place your other hand on the bent elbow to stretch the back of your upper arm, shoulder, and back.
- 3 Hold for **15 to 30 seconds**.
- 4 Repeat with the other arm.

LOWER BACK STRETCH



- 1 Sit forward in your chair.
- 2 Bring one knee toward your chest and gently pull the back of the thigh toward you.
- 3 Keep your back straight and avoid leaning forward.
- 4 Hold for **15 to 30 seconds**.
- 5 Repeat with the other leg.

QUAD STRETCH



- 1 Stand and place one hand on the back of a chair or desk for stability.
- 2 Grab one leg (with the arm on the same side) and bring it toward your glutes.
- 3 Stand tall and keep your knee pointing straight down, not out to the side.
- 4 Hold for **15 to 30 seconds**.
- 5 Repeat with the other leg.

Cut down on work-related muscle soreness by stretching your shoulders, wrists, back, neck, and legs throughout the day.

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