



# Workplace Stretching Exercises

## 1 Neck & Shoulders

### Neck Roll

Sit up straight and slowly roll your neck down so that your chin is close to your neck. Hold that position, then slowly roll your head in a circular motion.



### Neck Stretch

Reach over your head with your right hand. Slowly and gently pull your head away from your left shoulder. Repeat on the other side.



### Overhead Shoulder Stretch

Reach both arms over your head and hold for 10 seconds.



### Cross Body Shoulder Stretch

Take one arm and place it across your chest. Use the other hand to press against the outer forearm of the arm laying across your chest. Push that arm toward your body for a comfortable stretch. Repeat on other side.



## 2 Wrists

### Wrist/Forearm Stretch

Using left hand, press fingers on right hand downward until you feel a stretch. Hold for 5 seconds. Then pull fingers on right hand upward until you feel a stretch. Hold for 5 seconds. Switch sides and repeat.



# 3 Back

## Lower Back Stretch

Place your hands on your lower back and gently lean backwards. Be careful not to lean back too far!



## Lower Back Stretch

Standing with your feet hip-width apart, gently bend forward to touch your knees or the floor, whatever is most comfortable for you.



# 4 Torso

## Side bend Stretch

Place one hand on your hip. Bend sideways at the waist in the opposite direction as comfortable, with elbow of the arm on your hip pointed toward the floor.

# 5 Legs

## Standing Calf Stretch

Extend left leg about 12 inches forward from body. Point left foot toes upward while gently bending right knee. Reverse sides.



## Quad Stretch

Grasp your left foot with your left hand. Keeping your left knee close to your right leg, pull your left heel toward your butt. Consider using a wall or chair for support/balance.



## Standing Psoas Hip Flexor Stretch

With hands on your hips, lunge forward while keeping both feet facing the direction of the stretch. Lean backward until you feel a comfortable stretch.



Always remember to stretch slowly and until you feel comfortable tension, then relax and hold. Stop immediately if you feel any pain. Good posture while sitting is an important measure to maintain the benefits of a daily stretching routine!