

12 Simple Stretches You Can Do at Your Desk

NECK ROTATION

Gently turn your head from side to side. Repeat 5 times each side.



NECK SIDE FLEXION

Gently tilt your head from side to side. Repeat 5 times each side.



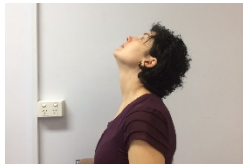
NECK FLEXION

Gently bring your chin towards your chest. Repeat 5 times.



NECK EXTENSION

Gently look up towards the ceiling. Repeat 5 times.



SHOULDER ROLLS

Gently roll your shoulders forwards. Repeat 5 times, then repeat backwards 5 times.



HEAD NODS

Gently nod your chin (like making a double chin). Hold 5 seconds. Repeat 5 times.



CHEST STRETCH

Clasp your hands together and reach behind your back. Hold 30 seconds. Repeat 3 times.



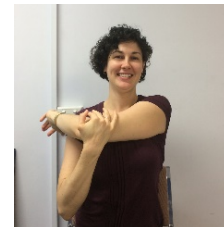
TRICEPS STRETCH

Gently pull on raised elbow with other hand to feel stretch down back of arm. Hold 30 seconds. Repeat 3 times per arm.



SHOULDER STRETCH

Gently pull arm forward across body to feel stretch across back of shoulder. Hold 30 seconds. Repeat 3 times per arm.



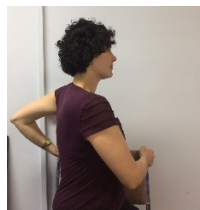
SIDE BENDING

Clasp your hands together above your head. Gently lean to one side. Hold 30 seconds. Repeat 3 times per side.



TRUNK ROTATION

Reach across body and grasp back of chair. Gently look over shoulder. Hold 30 seconds. Repeat 3 times per side.



SHOULDER BLADE SQUEEZES

Keep elbows bent. Gently squeeze shoulder blades together. Hold 10 seconds. Repeat 5 times.



No stretches or exercises should cause you pain. If you do experience pain or discomfort please stop the exercises.

