

## Seated Work Stretches

When sitting at your desk, stretching and changing positions can reduce muscle fatigue, minimize soreness, and improve mental clarity. Chose 2-3 counter moves and perform a few repetitions every 20 min to 30 minutes.

Place finger on chin.  
Without moving hand, pull chin and head straight back. Hold for 3-5 seconds. Repeat 10 times.



Rapidly shrug one shoulder up while keeping the other shoulder down. Repeat 8-10 times



Curl one arm toward the top of your shoulder bending your arm and wrist. Slowly straighten your elbow and bring fingers towards the floor.  
\*This is a nerve glide, not a stretch



Gently press palms of hands together as you lower them towards your lap until a gentle stretch is felt in your wrists. Hold 5-10 seconds.



Bring R ankle and place it onto your L knee. Apply a gentle pressure with one hand on your R knee, and lean forward until you feel a stretch in your buttocks. Hold for 10-15 seconds. Repeat with other leg.



Bring R ankle and place it onto your L knee. Gently pull your R knee across your body toward your L shoulder until you feel a gentle stretch through the back of your hip and buttock. Hold for 10-15 seconds. Repeat with other leg.



Straighten one leg with your heel resting on the ground. Lean forward by hinging at your hips until you feel a stretch in the back of your leg. Gently move foot up and down. Repeat 2-3 times each leg.

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Place hands behind head/neck. Slouch and round your back bringing elbows forward. Then move elbows out as you arch your back. Hold each position for 5-10 seconds.



Lean forward, hinging at your hips. Place L upper arm on the inside of L thigh and hold onto your R ankle. Reach R hand up toward the ceiling, turn your head and look up at your hand. Hold for ~ 20 seconds or 4 breaths. Repeat on the other side.

Lace fingers together. Reach tall towards the ceiling and look up. Hold for 5-10 seconds.



Sit tall with good posture. Reach L hand to outside of R knee/thigh. Reach R hand/arm and grab back of chair and turn head and look over R shoulder, adding pull from both arms as tolerated. Hold 5-10 seconds. Repeat other direction.

Gently lean to one side lowering your arm towards the ground, until a gentle stretch is felt along your side. Hold for 5-10 seconds. Repeat opposite direction.



Place feet shoulder width apart. Bend forward as far as you can letting your arms move towards the floor. Hold for 30 seconds keeping your back relaxed and take a few deep breaths. Slowly return to sitting. Repeat 2-3 times.