

DESK STRETCHES

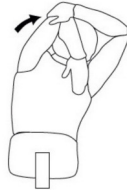
It is recommended that you complete stretches **2 to 3 times a day**. Read the instructions carefully and only stretch to the point when you feel pressure – not pain. *Repeat each stretch 3 – 5 times*. If you have an injury, you should see your doctor before completing stretches of the affected area.



Reach above your head, grasp your hands together, turn your elbows in and press up. Hold for 5 seconds



Reach behind your chair, grasp your hands together, turn your elbows up and press out. Hold for 5 seconds.



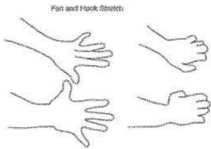
Reach one hand behind your head (toward the other shoulder blade) and use the other hand to increase the stretch. Hold for 5 seconds.



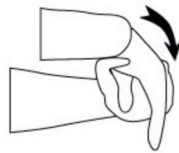
Bring knee up towards your chest, while keeping your back against the backrest of the chair. Hold for 5 seconds.



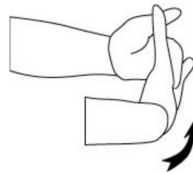
Sitting in your chair, lean forward and reach for the floor. Hold for 5 seconds and slowly sit up.



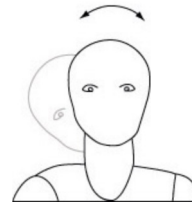
Open your fingers (fan) and then hook them. Hold for 5 seconds.



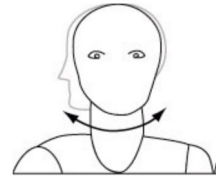
With your arm straight, bend your wrist down and use other hand to increase the stretch.



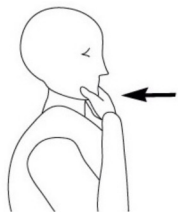
With your arm straight, bend your wrist up and use other hand to increase the stretch.



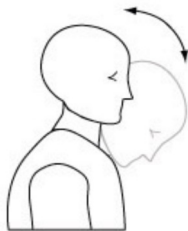
Looking straight ahead, tilt your head moving your ear towards your shoulder.



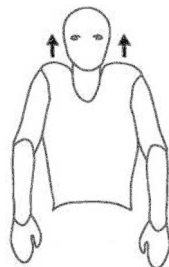
Looking straight ahead, rotate your head to the right. Hold for 5 seconds. Complete stretch looking to the left.



Looking straight ahead, move your head straight back keeping your eyes level.



Looking straight ahead, tilt your head moving your chin towards your chest. Hold for 5 seconds.



Raise your shoulder up towards your ears. Hold for 5 seconds.



Bring arm across your body and use other hand to increase the stretch. Hold for 5 seconds.



Roll your shoulders up and back. Hold for 5 seconds.

Resource: www.oiweb.com