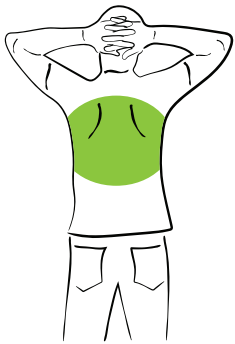


# Office stretches

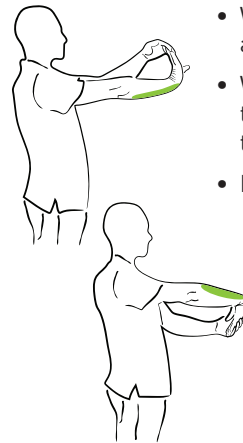
Prevent fatigue, discomfort, and musculoskeletal disorders caused by seated office work with these stretching exercises. **Consider doing these periodically during the day.**

## Chest and trap stretch



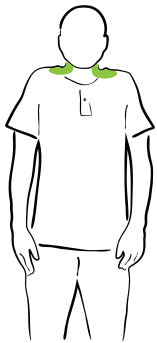
- Place your hands behind your head above your neck and interlock your fingers.
- Squeeze your shoulder blades together and bring elbows back as far as you can.
- Hold for 15 seconds.
- Relax and repeat.

## Forearm stretches



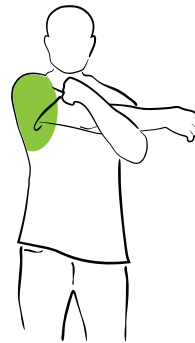
- With your right elbow straight, raise your right arm to shoulder height.
- With your left hand, pull your fingers back towards your face. Only apply enough tension to feel a slight stretch in your forearm.
- Hold for 15 seconds then relax.
- Grasp the back of your right hand with your left hand and gently pull your fingers down toward the floor.
- Only apply enough tension to feel a gentle pull along the top of your forearm.
- Hold for 15 seconds then relax.
- Repeat with your other hand.

## Shoulder shrugs



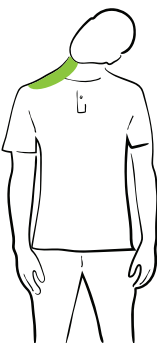
- Lift your shoulders up toward your ears and squeeze until you feel a stretch.
- Slowly roll your shoulders forward until they are fully down and relaxed; repeat eight times.
- Do the reverse exercise by rolling your shoulders backwards eight times.

## Shoulder stretch



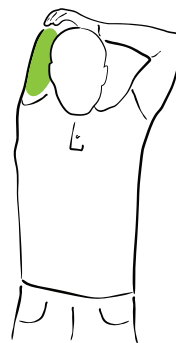
- Put your left hand under your right elbow.
- Lift your right elbow and pull across the chest using your left arm keeping your upper body straight.
- Hold stretch for 15 seconds.
- Relax and return to a neutral position.
- Repeat the exercise with your other arm.

## Side neck stretch



- Looking straight ahead and keeping your shoulders down, tilt your head to the left until you feel a slight stretch at the base of your neck.
- Hold for 15 seconds.
- Relax and repeat a second time.
- Repeat the exercise on your right side.

## Tricep stretch



- Lift your right arm up and bend your elbow with your forearm behind your head.
- Using your left hand, pull your elbow toward your head until you can feel the stretch in your tricep.
- Hold for 15 seconds.
- Relax and repeat a second time.
- Repeat the exercise with your left arm.

If you have an existing muscle, joint, disc injury or experience pain with exercise consult your physician before doing the exercises. **Exercise slowly and do not bounce!**