

Stretches you can do at your desk

It's important to stretch every hour. These simple stretches can be done at your desk or workstation and can make a big difference not only in your overall comfort but also your ability to focus.



Chin tuck: Sitting or standing, tuck chin down and draw back into neck as far as possible. Make a “double chin”. Hold 5 seconds and repeat 5 times.



Wrist: With hand in a fist, press wrist downwards with other hand, stretching thumb side of wrist and forearm. Hold 5 seconds and repeat 5 times.



Rotation: Sitting or standing tall, look to one side as far as is comfortable. Hold 5 seconds then return to centre. Repeat 5 times in each direction.



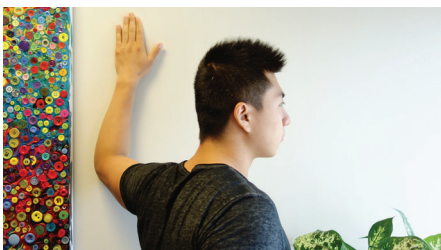
Levator scapulae: Rotate head 45° to one side and bend forward. Press gently on back of head to feel a stretch down neck and into shoulder. Hold 5 seconds and repeat 5 times.



Trapezius: Place one hand behind back and side-bend head toward opposite side. Press gently to feel a stretch at side of neck and into shoulder. Hold 5 seconds and repeat 5 times.



Upper body: Open arms with elbows just below shoulders, palms facing forwards. Squeeze shoulder blades and bring elbows back to feel chest opening. Hold 15 seconds and repeat 3 times.



Chest: Place arm on a wall or any vertical object and bend elbow to 90°. Gently turn away from arm until a comfortable stretch is felt in chest. Hold 15 seconds and repeat 3 times.



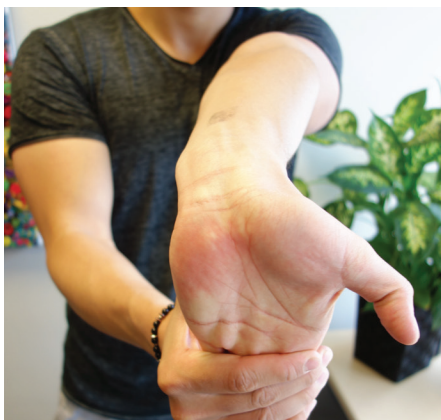
Deltoid: Sitting or standing tall with shoulders back, draw one arm across chest towards shoulder. Using other hand, gently draw elbow further across chest to feel a stretch in back of arm. Hold 5 seconds and repeat 5 times.

Move more!



Change positions every 15 minutes and stretch every hour – especially your neck, shoulders, arms and wrists.

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Arm and wrist: Sitting or standing tall, extend one arm forwards with palm facing outwards and fingers pointing downwards. Keeping elbow slightly bent, use opposite hand to gently press extended hand inwards to feel a stretch along forearm and wrist. Hold 5 seconds and repeat 5 times.



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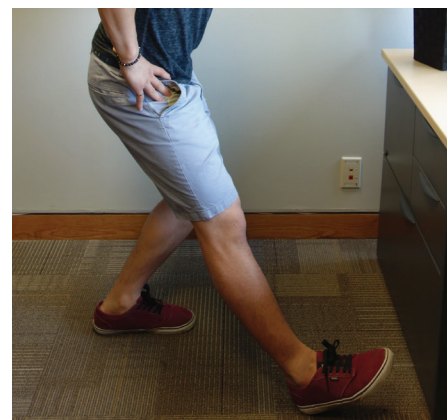
Hip/thigh flexor: Place one hand on a stable surface for support. Slightly bend supporting knee and lift other foot behind to grasp ankle. Gently pull leg up behind you and press hips forwards to stretch front of thigh and hip region. Hold 5 seconds and repeat 5 times.



Side bend: Raise one arm directly overhead while leaning sideways from waist. Lean to opposite side to stretch entire side of waist and hip. Hold 5 seconds and repeat 5 times.



Calf: Stand arm's length from wall and place hands at chest level for support. Step forward with one foot and bend knee. Step backwards with opposite foot and straighten until stretch is felt along back of thigh and calf. You may need to lean forward towards wall to increase stretch. Hold 5 seconds and repeat 5 times.



Hamstring: Slightly bend knee of supporting leg. Step forward with opposite heel and place on ground so toes are pointing upwards. To increase stretch, slowly increase bend of supporting knee and flex forward through waist. Hold 5 seconds and repeat 5 times.