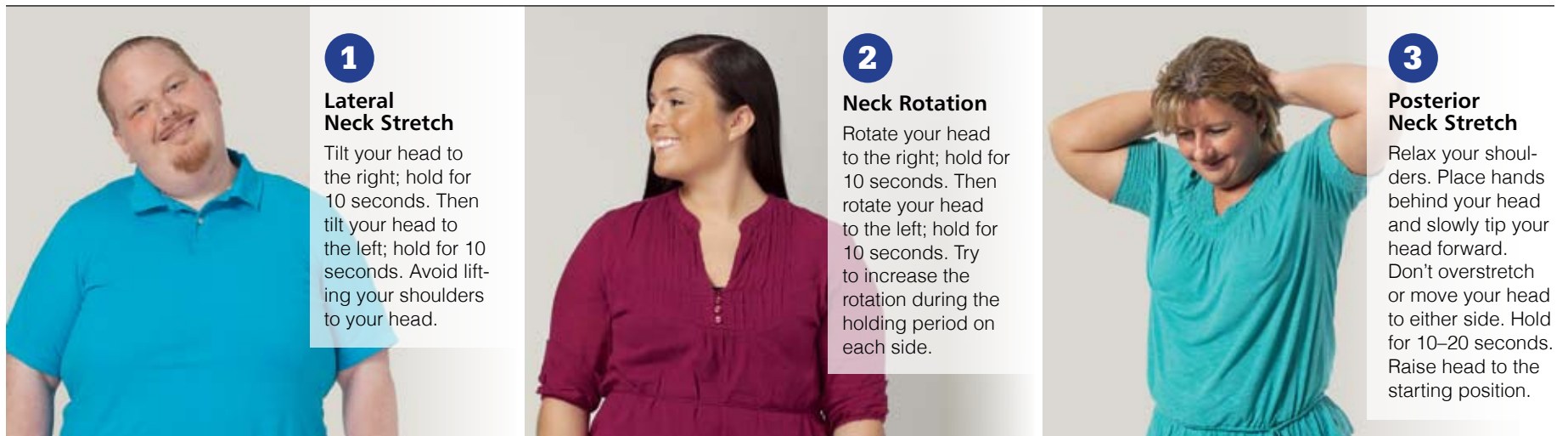


# Stretch It Out

Ward off tension, stress and stiffness by performing simple office stretches at your desk every day. Select one or two exercises from each muscle group every time you stretch.

## Neck Exercises



1

### Lateral Neck Stretch

Tilt your head to the right; hold for 10 seconds. Then tilt your head to the left; hold for 10 seconds. Avoid lifting your shoulders to your head.

2

### Neck Rotation

Rotate your head to the right; hold for 10 seconds. Then rotate your head to the left; hold for 10 seconds. Try to increase the rotation during the holding period on each side.

3

### Posterior Neck Stretch

Relax your shoulders. Place hands behind your head and slowly tip your head forward. Don't overstretch or move your head to either side. Hold for 10–20 seconds. Raise head to the starting position.

## Shoulder Exercises



4

### Anterior Shoulder Stretch

Stretch shoulders and arms by interlacing your fingers behind your body. Slowly turn your elbows inward while straightening your arms. Hold for 10 seconds.

5

### Horizontal Shoulder Stretch

Place right hand on left shoulder; place left hand on right elbow and pull toward left shoulder. Hold 10 seconds. Repeat with left hand on right shoulder. Hold 10 seconds.

6

### Triceps Stretch

Place right hand on right shoulder blade. Slowly raise right elbow toward ceiling; hold for 10 seconds. Place left hand on left shoulder blade. Slowly raise left elbow toward ceiling; hold for 10 seconds.

## Wrist/Elbow/Forearm/Finger Exercises



7

### Elbow/Forearm/Wrist Stretch

Straighten arms in front of you without interlacing fingers; keep palms facing your body. Place left palm over right wrist and apply light pressure; hold 10 seconds. Keep elbows straight. Repeat with your other hand.

8

### Wrist/Inner Elbow Stretch

Put palms together in front of chest. Slowly lower hands until you feel a mild stretch in your forearms. Hold for 10 seconds.

9

### Finger/Arm Stretch

Interlock fingers of both hands at shoulder height with your palms facing away from your body. Keep elbows straight. Hold for 10 seconds.

## Leg & Back Exercises



10

### Low Back/Hamstring Stretch

Stand with feet shoulder width apart. Slowly bend forward from your hips. Keep knees slightly bent. Go to the point where you feel a slight stretch in the back of your legs. Stretch for 10–15 seconds; do not lock knees or bounce.

11

### Triceps/Shoulder/Side Stretch

Start in a standing position with your knees slightly bent. Gently pull your elbow behind your head as you bend from your hips to the side. Hold the stretch for 10 seconds. Repeat on other side.

12

### Anterior Chest Stretch

Start with knees slightly bent. Place your palms on your lower back just above your hips, fingers pointing downward. Gently push your palms forward to create an extension in the lower back. Hold for 10 seconds.