



Desk Stretches for the Workplace

Take a stretch break every 60 minutes. It is also encouraged you take a 15-30 minute break every 90 minutes to increase your productivity.

Begin with a few deep breaths, opening your chest and rolling those very tight shoulders back, bringing the shoulders down from the ears. Hold all stretches for 30-90 seconds



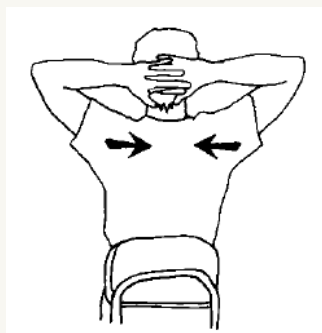
Wrist Movement

One of the best things we can do is be sure we are ergonomically set up. Be sure your wrists are 'neutral' without bending up to work on the keyboard. In addition, stretch fully. Pull your hands back, point down and do circles with your wrists. Extend and squeeze your fingers.



Shoulder Shrugs

Roll your shoulders forward continuing to round and extend. End in a open chest with shoulders back position.



Chest and Shoulders

Clasp your hands and open the chest. Be careful to not pull on your neck. You can also push gently on your elbow of each arm to stretch the tricep.



Neck

Maintain your shoulder position while bringing your chin toward your chest.



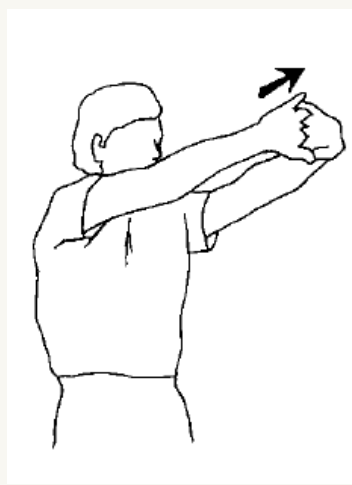
Side Neck/Shoulder

GENTLY take your ear to your shoulder from the chin position. Take back center and turn to the opposite side.



Neck Rotation

Look to one side, and come back center before moving to the opposite side.



Upper Back

Clasp hands, round your shoulders forward pulling the shoulder blades apart.



Side and Shoulders

Stretch and extend overhead. Breathe.



Side and Arms

Touch your shoulder, stretch to the side. Attempt to keep your spine neutral, not tilting your head



Back and Hips

Lean against a wall, extend one leg back and move heel toward floor, head-shoulders-hips in alignment.

Continue to take deep breaths, shake your body out between stretches. Clear your mind, play soft music, walk away from your desk and get fresh air if possible.

Try our chair yoga!

Balanced

Wellness