

This is not a prescribed list of stretches nor a specific treatment plan. Not all stretches are suitable for everyone and this, or any other stretching program, may result in injury. Any user of the stretching program assumes the risk of injury resulting from performing these activities. To reduce risk of injury, consult your healthcare professional before completing any of this stretching program.

The best way to prevent musculoskeletal disorders in the office is to take micro-breaks of one-three minutes following every 20-30 minutes of work. Change the position of your upper and lower body; stand up if sitting or sit down if standing. These breaks will allow your muscles to recover from the low-level stress and fatigue encountered during typical office activity. These stretches can help improve tight muscles that office employees often experience.

Stretches should be held for 30 seconds. **NEVER STRETCH INTO PAIN!**

Back of Neck/Upper Back

- Stand or sit with a straight back.
- Gently flex your head forward and down, bringing your chin toward your chest.
- Stop and hold once a gentle stretch is felt in the back of your neck/back.
- If no stretch is felt, place hands on top of head and gently press down, flexing the neck more to stretch back of neck.



Upper Trapezoid

- Stand or sit with a straight back.
- If sitting, grasp the seat of your chair with your right hand.
- Rotate your head to the left.
- Gently flex your head down, tucking your chin toward your chest.
- Stop and hold once a gentle stretch is felt along the right side of your neck/back.
- If no stretch is felt, place left hand on top of head and gently press your head downward, flexing the neck more until a gentle stretch is felt along the right side of your neck/back.
- Repeat for the other side.



Stop stretching immediately if you feel pain. Consult your physician if pain does not improve after 24 hours.

Wrist Flexors

- Starting with your palm down, bend your right elbow.
- Gently flex your right wrist down with your left hand.
- Slowly straighten your right elbow.
- Stop and hold once a gentle stretch is felt on top of your forearm.
- Repeat for the other arm.

**Wrist Extensors**

- Starting with your palm down, bend your right elbow.
- Gently extend your right wrist up with your left hand.
- Slowly straighten your right elbow.
- Stop and hold once a gentle stretch is felt on bottom of your forearm.
- Repeat for the other arm.

**Chest**

- Stand with your back straight and shoulders back.
- Place your right forearm along doorframe or wall with your shoulder and elbow at a 90-degree angle.
- Slowly turn your body away from your right arm.
- Stop and hold once a gentle stretch is felt along your chest/front of shoulder.
- Repeat for the other arm.



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Back of Shoulder

- Reach your right arm across your body.
- With your left hand pull your right elbow toward your left shoulder.
- Stop and hold once a gentle stretch is felt in the back of your right shoulder.
- Repeat for the other arm.

**Hamstrings**

- Stand or sit in your chair.
- Place your right leg out in front of you with a straight knee.
- Flex your right ankle back toward your head.
- With a straight back, bend from your hips, bringing your torso forward toward your leg.
- Stop and hold once a gentle stretch is felt in the back of your right leg.
- Repeat for the other leg.

**Piriformis**

- Flex your right hip up, bringing your right ankle over your left knee, as shown in the picture.
- With your right hand, gently pull up on your right knee.
- At the same time, gently pull up on your right ankle with your left hand.
- Stop and hold once a gentle stretch is felt in your right buttock or hip.
- Repeat for the other leg.



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Buttocks

- Flex your right leg up, crossing the right leg over the left, as shown in the picture.
- With your left hand, pull your right knee up toward your left shoulder.
- Stop and hold once a gentle stretch is felt in your right buttock or hip.
- Repeat for the other leg.

**Hip Flexors**

- Stand with your right leg behind you, with your right foot pointing forward.
- Place your left foot flat on the ground in front of you as shown in the picture.
- Keeping your torso upright, drop hips forward and down.
- Stop and hold once a gentle stretch is felt in the front of the right hip/leg or along your left buttock.
- Repeat for the other leg.



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