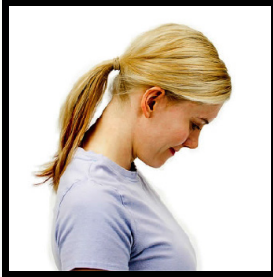


RECOMMENDED OFFICE STRETCHES

1



Cervical Flexion

Tilt your head downwards, then return back to looking straight ahead.

Repeat: 5 Times
Hold: 5 Seconds

Complete: 1 Set
Perform: 2 Time(s) a Day

2



Cervical Extension

Tilt your head upwards, then return to looking straight ahead.

Repeat: 5 Times
Hold: 5 Seconds

Complete: 1 Set
Perform: 2 Time(s) a Day

3



Cervical Rotation

Turn your head towards the side, then return back to looking straight ahead.

Repeat: 5 Times
Hold: 5 Seconds

Complete: 1 Set
Perform: 2 Time(s) a Day

4



Upper Trap Stretch

Begin by retracting your head back into a chin tuck position. Next, place one hand behind your back and gently draw your head towards the opposite side with the help of your other arm.

Repeat: 5 Times
Hold: 3 Seconds

Complete: 1 Set
Perform: 2 Time(s) a Day

5



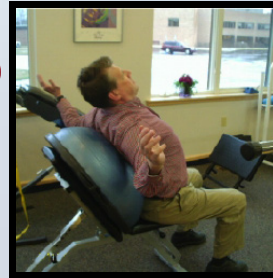
Mid-Thoracic Stretch

Clasp hands together and reach forward and down until you feel a stretch in the upper back. Bend the head down to complete the stretch.

Repeat: 10 Times
Hold: 5 Seconds

Complete: 1 Set
Perform: 2 Time(s) a Day

6



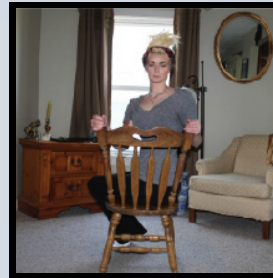
Thoracic Extension in Seated Position

Sit at your desk chair with your buttocks against the back of the chair and spread your arms into a "Y" position, opening up your chest.

Repeat: 5 Times
Hold: 2 Seconds

Complete: 1 Set
Perform: 2 Time(s) a Day

7



Myofascial Release for Upper & Mid Back

Sitting with a tall posture, hold on to the sides of the back of the chair. Rotate to point of resistance and maintain pressure at that point. Stretch should be felt mid-back up through shoulders.

Repeat: 5 Times
Hold: 5 Seconds

Complete: 1 Set
Perform: 2 Time(s) a Day

8



Seated External Rotator Stretch

Sitting on the edge of a chair, cross leg to be stretched so that the ankle is resting on the opposite knee. Using both hands and maintaining a neutral spine, pull knee toward the opposite shoulder until a stretch is felt in the outside of the hip. Then push down on bent knee with the same hand to increase stretch. Perform on both legs.

Repeat: 5 Times
Hold: 5 Seconds

Complete: 1 Set
Perform: 2 Time(s) a Day