







Desk Stretches

**Check with your physician before starting an exercise program*

We all know we are supposed to take breaks from working at our desks. This worksheet is meant to be posted by your desk or saved to your home screen, to remind you to release those poor tight muscles. Even a 2-minute stretch break several times a day will help with the muscles that become shortened from sitting; chest, neck, hip flexors and back need some TLC. Be kind to your body and take a quick break. Hold the stretch for 20 to 30 seconds, and breath deeply. Repeat on the other side of the body.

		
<p>Number 4 hip stretch – this pose can be done seated or standing. The standing can also be unsupported if you have good balance. Place your ankle of one leg over the knee of the other leg.</p>	<p>Hip extension – Standing with legs shoulder width apart. Look slightly up and carefully lean back a bit. Focus on the top of your legs and press your hips forward. Knees are soft.</p>	<p>Forward fold – Be safe if you have rollers on your chair when you lean forward. Relax your neck, shoulders, arms and back. Sit up slowly when you are ready, to avoid dizziness.</p>

		
<p>Chest opener – With feet firmly planted on the ground and fingers laced together OR with fingers touching your ears. Slowly lean back, look up and open your elbows as far as possible.</p>	<p>Neck stretch – Seated or standing, take a deep breath in and with shoulders down move ear towards shoulder. Exhale and relax. Repeat on the other side.</p>	<p>Rotation – Seated, with arms hanging down, twist to one side, look down and grab the back or side of the chair or if the chair back is high, rest arm on the back. Exhale as you twist. Repeat in the other direction.</p>