

OFFICE STRETCHING EXERCISES

Sitting and being hunched over in front of the computer for long periods of time causes stiffness in the neck, shoulder, and back. It is recommended to stand and perform stretching exercises once an hour (set an alarm). Stretching throughout your workday will help ease stiffness, improve mobility, flexibility, as well as give your eyes a break from the screen.

All the stretching exercises listed below don't have to be done in one stretching session – especially if you're short on time, just work those areas that are sore, stiff, and yelling for your attention. Hold each static stretch for at least 15 seconds. Rotational stretches for 5 to 10 rotations on each side.

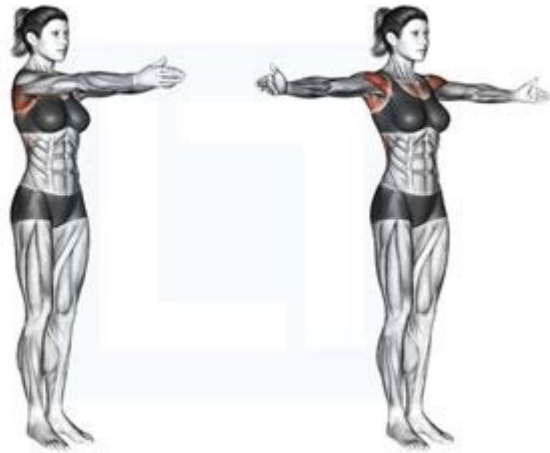
1. Neck Rotation (Clockwise and Counter-clockwise)



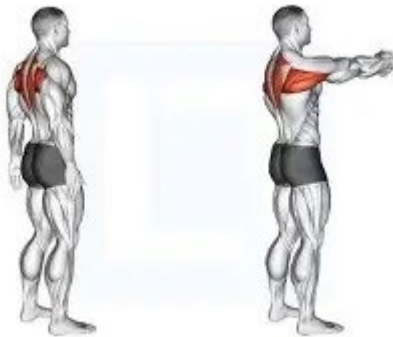
2. Shoulder Rotations (Forward and Backward)



3. Chest Stretch



4. Upper Back Stretch



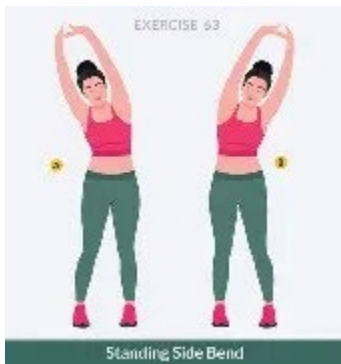
5. Overhead Upper Back and Arm Stretch



6. Seated Torso Twist



7. Side Bends



8. Seated Leg Hug



9. Seated Leg Extension



10. Seated (Chair) Bend Over

