

Computer & Desk Stretches

Approximately 4 Minutes



Sitting at a computer for long periods often causes neck and shoulder stiffness and occasionally lower back pain. Do these stretches every hour or so throughout the day, or whenever you feel stiff. Photocopy this and keep it in a drawer. Also, be sure to get up and walk around the office whenever you think of it. You'll feel better!



10-20 seconds
2 times daily



10-20 seconds
2 times daily



10-20 seconds
2 times daily



10-20 seconds
2 times daily



10-12 seconds
each arm



10-20 seconds
2 times daily



10-20 seconds
2 times daily



10-12 seconds
each arm



10-20 seconds
2 times daily



Shake out hands
8-10 Seconds

Seated Hamstring Stretch

START INSTRUCTIONS	MOVEMENT INSTRUCTIONS	VIDEO
		
Begin by sitting upright and at edge of chair. Maintain good posture, positioning self on sit bones (ischial tuberosities). Spine is in neutral position with a flat lower back.	Fully extend leg so that heel is contacting floor with toes pointing upward. While maintaining a flat back position, lean forward until a gentle stretch is felt behind thigh. Hold for 20-30 seconds or for recommended duration. Repeat for prescribed repetitions and sets.	

Perform on both sides. Hold each stretch for 20 seconds. Repeat 3 times.




Seated Hip Stretch

START INSTRUCTIONS	MOVEMENT INSTRUCTIONS	VIDEO
		
Begin seated in chair. Cross one leg over the other, placing ankle on opposite thigh above knee.	Using one- or two hands, gently press involved knee downward toward floor until gentle stretch is felt in hip region. Hold for 20-30 seconds. Repeat for prescribed repetitions. Alternate sides as directed.	


Seated Hip Flexion/Adduction

START INSTRUCTIONS	MOVEMENT INSTRUCTIONS	VIDEO
		
Begin seated with good posture, positioning self on sit bones (ischial tuberosities) so that spine is in neutral position with a flat back. Cross one leg over other placing ankle on opposite knee. Interlock fingers and place around flexed knee.	Maintain good posture and pull flexed knee toward opposite shoulder until a gentle stretch is felt in hip. Hold for 30 seconds or for recommended duration. Repeat for recommended repetitions and sets.	

Seated Scapula Retraction

START INSTRUCTIONS	MOVEMENT INSTRUCTIONS	VIDEO
		
Begin by sitting upright in chair. Maintain good posture, positioning self on sit bones (ischial tuberosities). Spine is in neutral position with a flat lower back. Interlock fingers and place hands behind head. Elbows are in front of ears.	While maintaining good upright posture, squeeze shoulder blades together as elbows swing outward. Pause and return to start position. Repeat for prescribed repetitions and sets.	

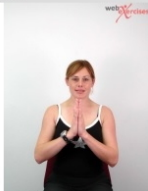
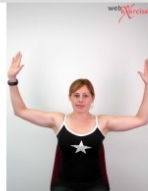

Head Retraction

START INSTRUCTIONS	MOVEMENT INSTRUCTIONS	VIDEO
		
Begin seated, or standing, looking forward with shoulders back.	Activate core muscles. Attempt to draw head directly backwards. Maintain level head position. Do not tilt head up or down. Hold for two seconds. Return to start position and repeat for prescribed repetitions and sets.	

Shoulder Depression Side Bend

START INSTRUCTIONS	MOVEMENT INSTRUCTIONS	VIDEO
		
Begin by sitting upright in chair. Maintain good posture, positioning self on sit bones (ischial tuberosities) so that spine is in neutral position with a flat low back.	Reach to top of head with one arm while opposite arm grasps chair, stabilizing shoulder. Gently pull head over away from depressed shoulder, stretching neck. Hold for 5 seconds and relax.	

Abduction Circles

START INSTRUCTIONS	MOVEMENT INSTRUCTIONS	VIDEO
		
Begin by sitting upright in chair. Maintain good posture, positioning self on sit bones (ischial tuberosities) so that spine is straight. Shoulders should be back and head up. Place hands together in prayer position.	Maintain palm-to-palm contact as you reach upward until arms are fully extended above head. Release hands with palms forward, extending arms to sides in a circular motion until hands meet again at chest level. Repeat 3-5 times per 30 minutes of computer work or as prescribed.	