

Desk Stretches

Seated Cervical Sidebending Stretch

REPS: 5	SETS: 1	HOLD: 30	DAILY: 1
WEEKLY: 7			



Setup

Begin sitting in an upright position.

Movement

Use one hand to tilt your head sideways, pulling your ear toward one shoulder until you feel a stretch in the opposite side of your neck, and hold.

Tip

Make sure to keep your back straight and do not let your head rotate, or bend forward or backward.

Desk Stretches

Seated Levator Scapulae Stretch

REPS: 5	SETS: 1	HOLD: 30	DAILY: 1
WEEKLY: 7			



Setup

Begin sitting upright in a chair, grasping the edge with one hand.

Movement


Rotate your head to the side opposite your anchored arm, then tuck your chin towards your chest. With your free hand, grasp the back of your head and gently pull it downward until you feel a stretch and hold.

Tip

Make sure to keep your back straight during the exercise.

Desk Stretches

Seated Cervical Retraction

REPS: 10	SETS: 2	DAILY: 1	WEEKLY: 7
			

Setup

Begin sitting in an upright position with your feet flat on the floor.

Movement

Gently draw your chin in, while keeping your eyes fixed on something in front of you.

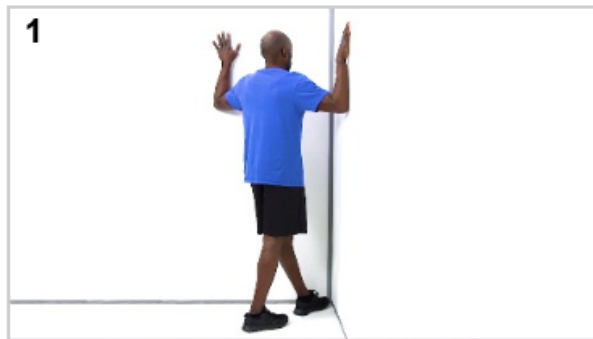
Tip

Make sure that you do not look down as you do this exercise, or bend your neck forward.

Desk Stretches

Corner Pec Major Stretch

REPS: 5	SETS: 1	HOLD: 30	DAILY: 1
WEEKLY: 7			



Setup

Begin in a standing upright position facing a corner. Place your forearms flat on the wall on each side of the corner with your elbows at shoulder height.

Movement

Slowly lean forward, taking a small step if needed, until you feel a gentle stretch in the front of your shoulders. Hold this position.

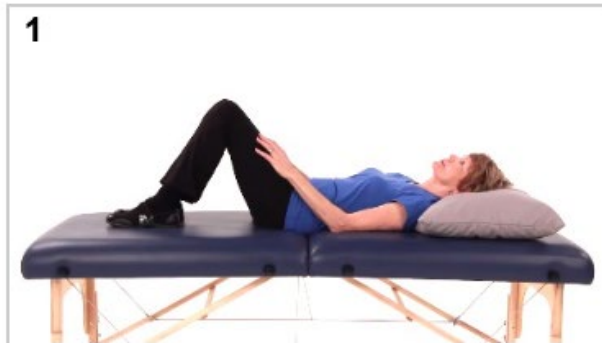
Tip

Make sure to keep your upper back and neck relaxed. Do not shrug your shoulders during the stretch.

Desk Stretches

Supine Double Knee to Chest

REPS: 5	SETS: 1	HOLD: 30	DAILY: 1
WEEKLY: 7			



Setup

Begin lying on your back with both legs bent and feet flat on the bed.

Movement

Pull both knees toward your chest and hold.

Tip

Make sure to keep your back relaxed during the exercise.

Desk Stretches

Supine Lower Trunk Rotation

REPS: 5	SETS: 1	HOLD: 30	DAILY: 1
WEEKLY: 7			



Setup

Begin lying on your back with your feet flat on the floor and your arms straight out to your sides.

Movement

Lower your knees to one side, return to center, and repeat on the other side.

Tip

Make sure to activate your core muscles and keep both of your shoulders in contact with the ground throughout the exercise.