

WORKSTATION STRETCHES

These are stretches to do at your station.

This program will take 2 1/2 - 3 minutes.

- Breathe easily
- No bouncing or forcing
- No pain!
- Feel the stretch
- Relax

1 - FINGERS

5 sec, 3 times



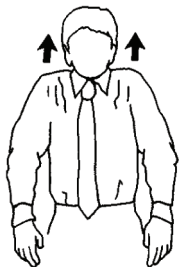
2 - WRISTS

5 sec, 3 times



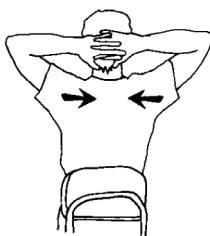
3 - SHOULDERS

5 sec, 2 times



4 - UPPER BACK

5 sec, 2 times



5 - NECK

5 sec



6 - NECK

5 sec, each side



7 - NECK

5 sec



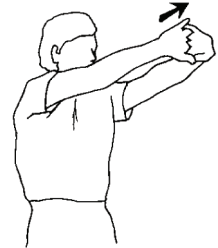
8 - SHOULDERS

10 sec, each arm



9 - WRISTS

10 sec



10 - WRISTS

10 sec



11 - WAIST & ARMS

10 sec, each side



12 - LEGS

10 sec, each leg



- Prolonged sitting at a desk or computer can cause muscular tension and pain.
- Taking a few minutes to do a series of stretches can make your whole body feel better.
- Learn to stretch spontaneously throughout the day whenever you feel tense.
- Don't just do seated stretches, but do some standing stretches too. Good for circulation.