

## Desk Based Stretching

These Desk Based Stretches can be performed every few hours to loosen up tight muscles and reduce neck, back and shoulder pain.

Hold stretches for 10 – 30 seconds, only to the point of tension. (You should not feel pain).

Hands & Fingers



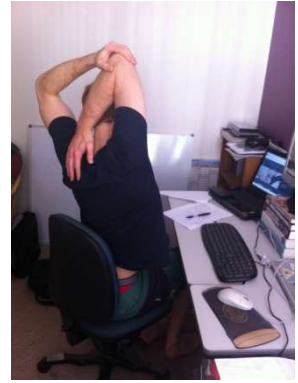
Chest & Shoulders



Back



Triceps



Shoulders



Back

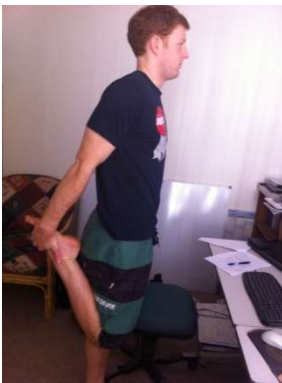


Hamstrings



If you sit at a desk most of the day, the following 3 stretches are the **most important** ones to help reduce or alleviate a sore lower back.

Quads



Hip Flexors



Glutes



If you can't kneel down for the hip flexor stretch, it can be done in a lunge position with your knee off the floor. Just remember to squeeze your butt tight and push your hips forward slightly.