

# Sit Down and Stretch

Workout of the month: August

Sitting or standing for a long time can take a toll on our muscles. To prevent or reduce stiffness and pain, try these simple desk stretches throughout the day.

*With all stretches, stretch to the point of resistance or "mild discomfort", not to the point of pain. Never bounce and straighten, but do not lock joints.*

## Torso Stretch



- Start in a seated position in a chair or as shown
- Clasp hands together and slowly raise them above your head reaching as high as you can
- Hold 15-30 seconds. Repeat 2-3 times

## Neck Stretch



- Start in a seated position in a chair or as shown
- Tilt your head to the left, lowering your left ear to your left shoulder
- Hold 15-30 seconds. Bring your head up to the center
- Repeat on the right side. Repeat 2-3 times for each side

## Shoulder Pinch

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- Place arms behind head being careful not to press hand into head
- Hold 15-30 seconds. Repeat 3 times

## Chest Stretch

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- Hold hands behind the back, and grasp hands together
- Pull shoulder blades back and down
- Hold 15-30 seconds. Repeat 3 times

## Chair Rotation

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- Sit in a chair, and if you can, wrap your feet around chair legs
- Reach across the body and grab the back of the chair
- Pull gently to increase the stretch in the mid back
- Hold 15-30 seconds. Repeat 3 times

## Wrist/Forearm Stretch

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- Sit tall in your chair
- Raise left arm to shoulder level with palm facing away from your body. Use your right hand to pull back on your fingertips. Hold 15-30 seconds (as shown)
- Keeping left arm at shoulder level, flex your wrist so your fingertips face is towards the floor and your palms face the body. Use your right hand to push on the back of your left hand. Hold 15-30 seconds
- Repeat with the right arm
- Repeat 2-3x on each side

## Hamstring Stretch

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- Start in a seated position with your bottom towards the front of the chair
- Place the right foot flat on the floor with the knee and straighten the left leg out in front of you with only the heel touching the floor
- Hinge forward at your hips reaching towards your toes
- Hold 15-30 seconds. Repeat on the other side
- Repeat 2-3 times on each side

## Hip Flexor Stretch

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- Sit on a chair toward the front and turn to your right. Your right leg is bent with your foot flat on the floor, your left leg is slightly bent with your toes on the floor
- Slowly bring your left leg farther behind you and slowly straighten your leg until stretch is felt in the upper thigh/hip flexor area
- Hold 15-30 seconds. Repeat on the other side
- Repeat 2-3 times on each side