

# Stretches for people who work at computers

**REMEMBER TO HOLD EACH STRETCH FOR 5-10 SECONDS AND BREATHE**

These stretches are for your benefit to increase your flexibility and comfort. You may feel tension and tightness while performing some of these, but you should not feel pain. If you feel pain, back off the stretch a little until it feels more comfortable. If you have a current injury or feel uncomfortable doing these stretches, please check with your caregiver prior to continuing these exercises to ensure they are appropriate for you.

## 1 REACH FOR THE SUN

Stand up and raise your arms above your head. Keeping your feet on the ground, inhale deeply and reach up further, feeling your spine lengthen.



## 2 NECK LENGTHEN

Sitting or standing up straight, pull chin backward so your ears are above your shoulders and you have a double chin. Hold & breathe. Relax & repeat.



## 3 LATERAL NECK

Place one hand behind your back or hold the bottom of a chair. The other hand gently pulls your ear to the shoulder. Hold & breathe. Repeat other side.



## 4 BETWEEN-THE-SHOULDER-BLADES

Sit or stand up straight. Reach forward at shoulder level and grasp both hands together; turn them out. Keep chin tucked in. Gently pull arms forward. Hold 10 seconds. Relax and repeat.



## 5 EAGLE

Cross your right arm over top of your left arm at the elbow. Bend elbows to 90 degrees and turn palms towards each other. Raise interlocked arms up towards the level with shoulder until you feel the stretch between the shoulder blades. Hold 10 seconds. Relax and repeat other side.



## 6 UPPER SHOULDER

Gently push one arm at the elbow across your body at shoulder level. Hold and breathe. Repeat other side.



## 7 CHEST PULL

Bring arms out to the side, keeping elbows at shoulder height. Squeeze shoulder blades together and hold 10 seconds. Relax and repeat.



## 8 FINGER WEB

Make a fist with your hands and squeeze. Then split your fingers apart and hold a few seconds. Shake them out. Relax and repeat.



## 9 FINGERS-UP

Stretch arm straight forward and turn fingers up. Gently pull the palm of the hand toward you and hold 5-10 seconds. Relax and repeat other hand.



## 10 FINGERS-DOWN

One arm straight ahead, elbow straight, turn fingers down. Gently pull back of hand toward you. Hold & breathe. Repeat other hand.



## 11 FINGER PULL

In this yoga stretch, start with the index finger and gently pull it back with the other hand, feeling the stretch into the palm. Hold for 5 seconds and then move to the middle finger and repeat. Continue until each finger on one hand, including the thumb, has been done. Repeat with the opposite hand.



## 12 BACK EXTENSION

Stand with feet shoulder-width apart and knees slightly bent. Hands on your hips and eyes facing forward (keep your neck neutral). Gently arch your back backwards and hold 5-10 seconds. Breathe. Relax and repeat.



## 13 QUADRICEPS & HIP FLEXOR STRETCH

Holding onto something, grab your ankle with the other hand. Push your hip forward and hold 5-10 seconds. Relax and repeat other leg.



## 14 SHOULDER SHRUG/RETRACT

Raise both shoulders up towards your ears, pull them back, and then push shoulder blades DOWN into your back pockets. Hold under your chair for 5-10 seconds. Relax and repeat.



## 15 HIP & GLUT STRETCH

Sitting down, cross one foot over the opposite knee. Keeping the raised knee out to the side and the hips level, gently push the raised knee down. Hold 5-10 seconds. Relax and repeat other leg.



## 16 PALMING

Close your eyes and place your hands over top. Relax your eyes. Hold for 10-20 seconds.

