To alleviate the strain of sitting at your office desk take time to stretch daily. When stretching remember:

- Hold each stretch for 5-15 seconds.
- Do not bounce.
- Stretch to slight tension, not pain.
- Try to relax and control your breathing.
- Do 1-2 repetitions of each stretch.
- Complete the stretches 1-2 times daily.

HIP
Place right leg over left and lean forward until a stretch is felt. Repeat on the left side.

LEG
Sit forward on the chair so your back is not touching the chair’s back. Place your feet flat on the floor. With a straight leg lift one foot a few inches off the floor, hold, reach for the toes, and then lower the leg back to the floor and repeat with the other leg.

ANKLE
Hold one foot off the floor with your leg straight. Alternately flex and point your ankle, hold and repeat with the other leg.
**WRIST**
Start with your hand facing down, gently turn the wrist from side to side as far as possible without pain.

**SHOULDER**
Shrug your shoulders up to your ears until you feel the tension in your neck and shoulders.

**SHOULDER**
Pull right arm down with your left hand while tilting left ear to left shoulder. Repeat this process with opposite combination.

**SHOULders**
With your fingers interlaced behind your back straighten your elbows and turn the elbows in until a stretch is felt.

**FOREARMS**
Take your right arm and hold it out straight in front of you with the palm facing down. With the left hand pull the fingers upward until a stretch is felt, hold, and repeat on the other arm.

**NECK**
Bend head forward until the chin almost rests on the chest, hold, and return to start. Repeat.

**NECK**
Slowly tilt head toward one shoulder, hold, and repeat on the other side.

**NECK**
Bend head forward until the chin almost rests on the chest, hold, and return to start. Repeat. *You should do this multiple times throughout the day to make sure you are sitting upright!

**POSTURE**
Sit upright in the chair, pull the shoulders back and draw the belly button into the spine. Hold 5 seconds; repeat. *You should do this multiple times throughout the day to make sure you are sitting upright!

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Sit upright in the chair, pull the shoulders back and draw the belly button into the spine. Hold 5 seconds; repeat. *You should do this multiple times throughout the day to make sure you are sitting upright!

**BACK**
Interlace your fingers and lift your arms over your head, keeping the elbows straight. Slowly lean to the left and then the right.

**BACK**
Hold your right arm with your left hand just above the elbow. Gently push your elbow toward the left shoulder, hold, and repeat on the other side.

**ATOMATIC**
Shrug your shoulders up to your ears until you feel the tension in your neck and shoulders.

**SHOULders**
With your fingers interlaced behind your back straighten your elbows and turn the elbows in until a stretch is felt.

**WRIST**
Start with your hand facing down, gently turn the wrist from side to side as far as possible without pain.

**WRIST**
Start with your arm out and slowly rotate your wrist down until you feel a stretch, then rotate the palm up until you feel the stretch.

**BACK**
Grasp your shin. Lift the leg off the floor and bend forward and reach your nose to your knee, hold, and repeat on the other side.