

# STRETCHES FOR OFFICE WORKERS

Regular movement is important to break up sitting time.  
Perform a selection of these every 20 minutes for 2-3 minutes.



## Upper Back Extension (3x20sec)

- Place your hands behind your head & extend your upper back
- You may use top of backrest to hinge over



## Seated Back Rotations

(3x20sec each side)

- Sit upright in a chair & rotate your body
- Use your arms to pull on chair for added stretch
- You should feel a stretch through the spine.



## Neck Rolls (20secs each way)

- Roll your head in large circles
- You should feel a gentle stretch as you roll around
- Perform in both directions



## Shoulder Rolls (30secs)

- Roll your shoulders backwards in large circles
- Focus on pulling your shoulders down and squeezing shoulder blades together



## Neck Side Stretch

(3x20sec each side)

- Tilt your head to one side until you feel a pull on the opposite side of the neck
- Add stretch by pulling with one hand as tolerated



## Neck Flexion Stretch (3x20sec)

- Place your chin on chest until you feel a stretch in the back of neck
- Increase stretch by using your hands to pull further as tolerated



## Side Stretch (3x20sec each)

- Stand with your feet spread shoulder width
- Place one hand on your hip and the other overhead
- Lean to the side, reaching across your body as you pushing your hips to the opposite side.



## Roll downs (3x20sec)

- Stand up
- Slowly reach toward your toes.
- Focus on feeling movement at each level of your spine
- Bend your knees slightly if needed.