



## Stretches for People who Sit ... a lot!

Remember to **BREATHE** and to hold each stretch for 30 seconds unless otherwise specified

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.

### NECK, SHOULDERS, UPPER BACK

#### 1 NECK & SHOULDER RETRACTIONS

Sitting or standing up straight, pull both shoulders back, and then push shoulder blades DOWN into your back pockets. Pull your chin backward so your ears are above your shoulders, and you have a double chin. Hold for 5-10 seconds, relax and repeat two more times.



#### 2 CHEST PULL

Bring arms out to the side, keeping elbows at shoulder height. Squeeze shoulder blades together and hold 30 seconds. Relax and repeat.



#### 3 LATERAL NECK

Use one hand to pull down on your shoulder while you stretch your ear to opposite shoulder. Or you can use your hand to gently pull your ear to your shoulder. Hold 30 seconds & 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 30 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 bring palms to face each other. Raise elbows and push elbows and hands forward, away from the body until you feel a stretch between the shoulder blades. Hold 30 seconds. Relax and repeat other side.



#### 6 UPPER SHOULDER

Gently push one arm at the elbow across your body at shoulder level. Hold 30 seconds and breathe. Repeat other side.



### BACK & LEGS

#### 7 BACK EXTENSION

Stand with feet shoulderwidth 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 two more times.



#### 8 HIP FLEXOR STRETCH

While standing, take a large step forward with your left foot. Keep both feet pointing forward and the back leg straight. Allow your back heel to come up off the floor and your front knee to bend. Push your right hip forward until you feel a stretch. Ensure that the bent knee does not come forward over your toes. Hold 30 seconds, relax and repeat on the other side.



#### 9 HAMSTRING STRETCH

Place one leg in front of you and raise your toes off the ground. "Sit back", keeping your hands on your thighs for balance. Feel the stretch in the back of the front leg. Both feet should be facing forward. Hold for 30 seconds. Relax and repeat with the other leg.



#### 10 HIP & GLUTEAL STRETCH

Sitting down, cross one foot over the opposite knee. Sit up TALL. Keeping the raised knee out to the side and the hips level, gently bend forward at the waist, keeping back straight. Hold 30 to 60 seconds. Relax and repeat other leg.



#### 11 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. Hold 10 seconds, relax and repeat two more times.



### HANDS & FOREARMS

#### 12 FINGER WEB

Make a fist with your hands and squeeze. Then split your fingers apart and hold 3-5 seconds. Shake them out. Relax and repeat.



#### 13 FINGERS-UP

Stretch arm forward, elbow straight and turn fingers up. Gently pull back on your fingers. Don't overstretch! Hold 30 seconds. Repeat other hand.



#### 14 FINGERS-DOWN

Stretch arm forward, elbow straight and turn fingers down. Gently pull back of hand toward you. Hold 30 seconds. Repeat other hand.



### EYES

#### 15 PALMING

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

