

# DESK STRETCHES

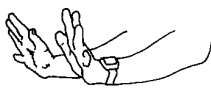
These are stretches to do at your desk.  
This program will take 2 1/2 – 3 min.

- Breathe easily
- No bouncing or forcing
- No pain!
- *Feel* the stretch
- Relax
- See Stretching Instructions, pp. 77–84

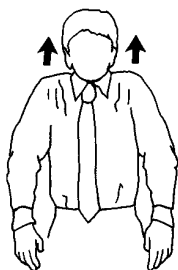
**1**  
5 sec, 3 times  
p. 82



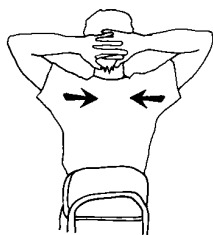
**2**  
5 sec, 3 times  
p. 82



**3**  
5 sec, 2 times  
p. 81



**4**  
5 sec, 2 times  
p. 84



**5**  
5 sec  
p. 84



**6**  
5 sec  
each side  
p. 84



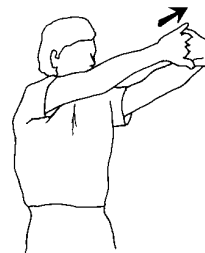
**7**  
5 sec  
p. 84



**8**  
10 sec  
each arm  
p. 81



**9**  
10 sec  
p. 82



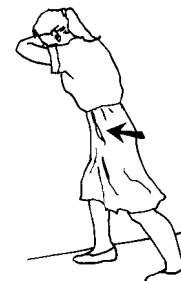
**10**  
10 sec  
p. 81



**11**  
9 sec  
each side  
p. 82



**12**  
10 sec  
p. 79



- Prolonged sitting at a desk or computer terminal can cause muscular tension and pain.
- Taking a few minutes to do a series of stretches can make your whole body feel better.
- Learn to stretch spontaneously throughout the day whenever you feel tense.
- Don't just do seated stretches, but do some standing stretches too. Good for circulation.

From the book: