

DESK STRETCHES

These are stretches to do at your desk.
This program will take 2 1/2 – 5 min.

- breathe easily
- No bouncing or forcing
- No pain!
- Feel the stretch
- Breathe
- See Stretching Instructions, pp. 11-64

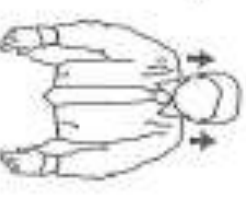
1
5 sec, 3 times
p. 82



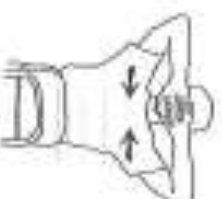
2
5 sec, 3 times
p. 82



3
5 sec, 2 times
p. 81



4
5 sec, 2 times
p. 84



5
5 sec
p. 84



6
5 sec
stretch while
p. 84



7
5 sec
p. 84



8
10 sec
stretch while
p. 81



9
10 sec
p. 82



10
10 sec
p. 81



11
5 sec
stretch while
p. 82



12
10 sec
p. 78



- 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.