Stretch at Your Desk Program

UT LivingWell Stretch at Your Desk Video

http://www.youtube.com/watch?v=msLXJH0GToQ
Neck Exercise: Head Tilt

• Sit all the way back in your chair
• With your head aligned with your body, slowly push your ear toward your right shoulder—hold for five seconds
• Tilt your head left in the same manner and hold
• Repeat three times on each side
Neck Exercise: Chin Tuck

• Slowly tilt your head forward to stretch the muscles in the back of your neck—hold for 10 seconds
• Repeat three times
Shoulder Exercise: Shoulder Pull

- Place your arm across your chest with your opposite hand on your elbow
- Gently pull your elbow toward your opposite shoulder—hold for 10 seconds
- Repeat on the opposite side
- Repeat two times
Shoulder Exercise: Back Scratch

• Reach your left hand between your shoulder blades until you feel a stretch in the back of your upper arm—hold for 10 seconds
• Change arms and repeat two times
Shoulder Exercise: Overhead Stretch/Front Stretch

- Interlace your fingers with your palms turned upwards above your head while straightening your arms—hold for 10 seconds
- Lower your arms to the front, parallel with the floor, your fingers laced with your palms facing away from you—stretch at shoulder level for 10 seconds
- Repeat
Shoulder Exercise: Shoulder Rolls

- Slowly roll your shoulders backward in big circles five times
- Repeat with rolls to the front five times
Chest Exercise: Hands Behind Head

- With your fingers interlaced behind your head, your elbows straight out to the sides and your upper body aligned, pull your shoulder blades toward each other—hold for 10 seconds
- Repeat three times
Chest Exercise: Chest Stretch

- Stand by your chair
- Clasp your hands behind your back with your elbows turned inward
- Raise your arms toward the ceiling—hold for 10 seconds
- Repeat three times
Back Exercise – Torso Twist

• Cross your right leg over your left (if comfortable) and rest your left forearm on the outside of your right thigh
• Apply slow steady pressure with your left forearm against your thigh, twisting your upper body right
• While holding the stretch, look over your right shoulder—hold for 15 seconds
• Repeat on the opposite side
Back Exercise – Back Stretch

• Sit all the way back in your chair
• Lean forward from the waist, placing your chest on top of your thighs
• Rest your hands in front of your feet and put your head between your knees—hold for 30 seconds
• Place your hands on your thighs and push your upper body to a seated, upright position
• Repeat several times
Hand Exercises

• Place your hands together with wrists bent
  • Gently push down toward the floor—hold for 10 seconds.
  • Relax and repeat

• Hold an arm out in front of you
  • With the other hand, grab your knuckles and pull your wrist down—hold for five seconds
  • Change hands and repeat three times
Leg Exercise – Quad Stretch

- Using your chair* or desk for support, hold the top of your left foot with your hand and gently pull your heel toward your buttocks.
- Your left knee should remain aligned with your right knee to create a stretch for the front of your thigh. Hold for 15 seconds.
- Reverse legs and repeat.

*If your chair has rollers, make sure it is anchored against the desk.
Leg Exercise – Calf Stretch

• Using a stable chair or desk for support, stand with your body weight over your left leg
• Extend your right leg in front of your left with your foot flexed (heel extended, toe up)
• Lean forward slightly from the waist until a slight tension is felt in the back of your upper right leg—hold for 15 seconds
• Repeat with the other leg
Leg Exercise – Ankle Rolls

• Using a stable chair or desk for support, lift your right foot from the floor and rotate it eight times to the right and then the left.
• Repeat for your left foot
Leg Exercise – Side Bends

- Place your arms at your sides
- Bend to the left side while sliding your left hand down your leg (try not to lean forward or back); hold for 15 seconds
- Repeat on the right side
Good job!

• Have a great day!