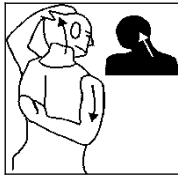


OfficeWise Stretches

- If you have any back or neck pain consult your doctor, athletic therapist, physiotherapist or other trained health provider before trying any of these stretches
- You should not have any pain *DURING* these stretches. Always go into each stretch slowly and gently, and stop when you feel a mild pull.
- **Hold each stretch for 30 seconds. Repeat each stretch 3X (each side).**
- Take stretch breaks after every hour of continuous desk work. Take mini-breaks from static posture every 20-25 minutes to move around (stand, walk)

Neck

a) Drop one ear towards your shoulder. You can apply slight overpressure with the opposite hand.

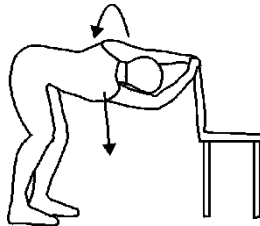


b) From the a) position, rotate your head so your nose is towards your armpit.



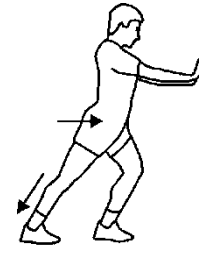
Shoulders

Grasping the back of your chair with both hands, drop your head and shoulders down between your arms. Slowly rotate your torso in either direction. Repeat 5-10X each way.



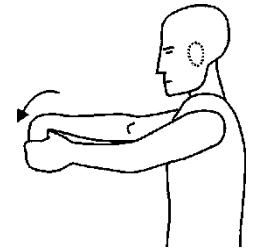
Calf & Hip Flexors

Stand with both hands on the wall, one leg straight out behind you. Your heel should be flat on the floor & the knee straight. Push your hip towards the wall, while maintaining an upright posture.

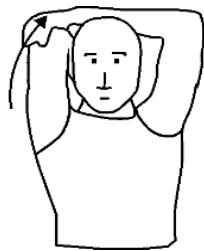


Forearm / Wrist

Extend one hand straight out in front of your body & bend your wrist to point your fingers down. With your other hand placed across your knuckles, gently pull your hand towards you.



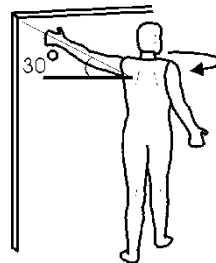
Triceps / Shoulders



Grasp your elbow at head level with the opposite hand. Pull back slowly.

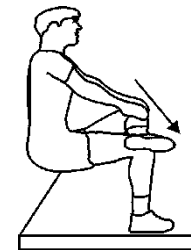
Pecs / Chest

Extend one arm straight on the wall, at shoulder height or just above. Slowly rotate away. Keep your body close to the wall.



Glutes

Sit with one ankle crossed over the opposite knee. Lean forward while keeping the back straight. You can apply slight overpressure by pushing down on the knee.



Forearms / Wrists

Place both palms together at chest level. Slowly lower the hands together towards the belly button, keeping the elbows up.



How stretching helps:

- Increases blood flow after sustaining a static posture.
- Maintains & improves range of motion.
- Relieves muscle tension, aches & pains.
- Helps prevent musculoskeletal injury.
- Promotes better posture and overall wellbeing.
- Reduces stress & anxiety.