

OFFICE STRETCH ROUTINE

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10 Exercises



LAT STRETCH - LATISSIMUS DORSI STRETCH

Start in an upright position and arms over head.

Next, grab the wrist of the side you want to stretch and draw it over to the side bending at your trunk until a gentle stretch is felt along the side of your body. You may need to slightly bend forward as well to feel a stretch.

Repeat 1 Time

Hold 1 Minute

Complete 1 Set

Perform 1 Times a Day



IT Band and Lat Stretch - ITB

Standing, cross your right foot in front of your left foot. Then raise your right arm over head and lean to the left. Then switch sides.

Repeat 1 Time

Hold 1 Minute

Complete 1 Set

Perform 1 Times a Day



Tree hugger Sitting in a chair

Grasps your hands so they intertwine and hold them out in front of you like you are hugging a tree. Lean forward until you feel a stretch in your upper back. Hold, and return.

Repeat 1 Time
Complete 1 Set

Hold 1 Minute
Perform 1 Times a Day



STANDING HAMSTRING STRETCH - PROPPED

Start by standing and prop your foot of the affected leg on a chair or a step.

Next, slowly lean forward until a stretch is felt behind your knee/thigh. Bend through your hips and not your spine. Hold, then return to starting position and repeat.

Repeat 1 Time
Complete 1 Set

Hold 1 Minute
Perform 1 Times a Day



SEATED PIRIFORMIS STRETCH

While sitting in a chair, cross your leg and place the ankle of one foot on the knee of the other leg.

Next, pull the top knee upward towards your opposite shoulder for a gentle stretch.

Repeat 1 Time
Complete 1 Set

Hold 1 Minute
Perform 1 Times a Day



PIRIFORMIS STRETCH - SEATED

Sitting in a chair, cross one leg over the other knee.

Lean forward, towards your crossed leg and feel the stretch on glutes, hips, piriformis, and lower back.

Hold the stretch for the specified duration

Duration 60 Seconds

Complete 1 Set

Perform 1 Times a Day



Seated Lat Stretch

Sit in a chair place your arms straight forward with your palms up towards the ceiling. Continue to slide your hands out in front of you until you feel the stretch. You can also move your chair back if you need to feel a deeper stretch.

Repeat 1 Time

Hold 1 Minute

Complete 1 Set

Perform 1 Times a Day



LEVATOR SCAPULAE STRETCH - HOLDING TOP OF HEAD

Tilt your head to the side, then rotate to the side, then tip downward as in looking at your opposite pocket.

Use your hand to pull your head downward and towards the opposite side for a gentle stretch.

You should be looking towards your opposite pocket of the target side.

You should feel a gentle stretch at the side/back of your neck.

Repeat 1 Time

Hold 1 Minute

Complete 1 Set

Perform 1 Times a Day



upper back stretch

place arms behind back and gently arch back puffing out chest

Repeat 1 Time

Complete 1 Set

Hold 1 Minute

Perform 1 Times a Day



SEATED UPPER TRUNK ROTATIONS

While sitting in a chair, cross your arms in front of you or on your chest and then rotate your upper body to one side, hold for 5 seconds and then rotate to the other side and hold for 5 seconds. Repeat the movement 20 times.

Repeat 20 Times

Complete 1 Set

Hold 5 Seconds

Perform 1 Times a Day