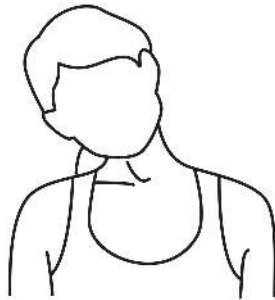
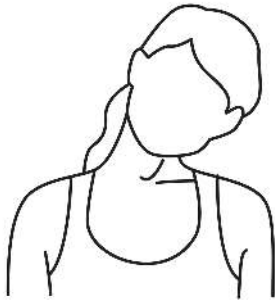


# DESK STRETCHES

EVERYDAY SELF-CARE



## NECK FLEX

Bring your ear toward your shoulder on the left. Inhale and exhale two times. Repeat on the right.

## NECK ROTATION

Look over your left shoulder. Inhale and exhale two times. Repeat on the right side.



## SPINAL ROTATION

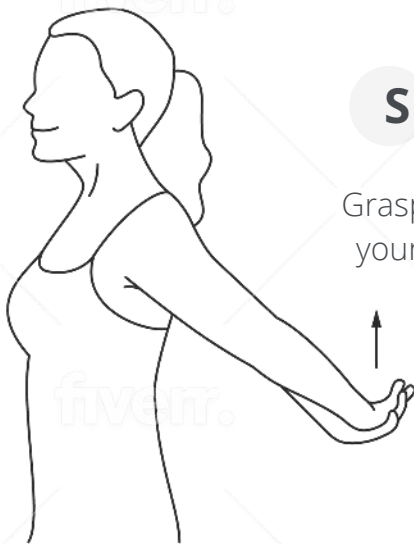
With your feet flat on the ground, place your left hand on your right knee and turn to the right to look over your right shoulder. Inhale and exhale two times. Repeat the stretch on your left side.



## SIDE BEND

Sit up tall and lace your fingers together above your head. Bend to the left. Inhale and exhale. Bend to the right. Inhale and exhale. Repeat for a second round.



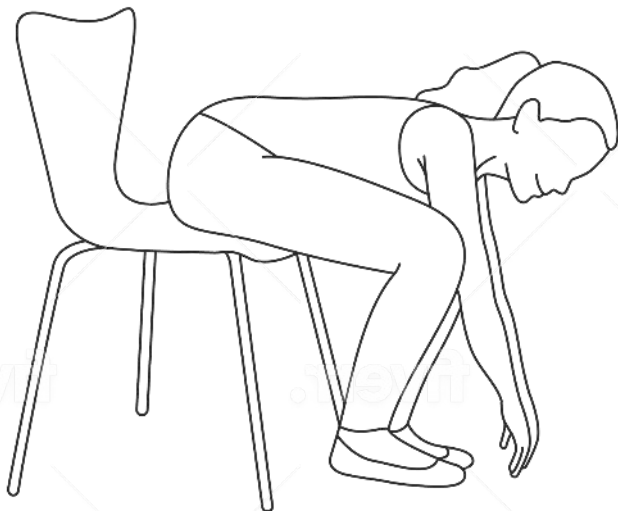


## SHOULDER EXTENSION

Grasp your hands behind your back, straighten your arms, and roll your shoulders down and back. Inhale and exhale two times.

## SPINAL EXTENSION

Place your hands on your low back with your fingers pointing toward the chair. Your elbows point behind you. Lift your chest and chin and lean back into your hands. Inhale and exhale two times.



## FORWARD FOLD

Place your feet flat on the floor and fold over to hang between your knees. Inhale and exhale four times.

## HIP OPENER

Place your right ankle across your left knee and fold forward over your bent leg while keeping your buttocks firmly against your chair. Inhale and exhale two times. Repeat on the opposite side.

