

## 7 HIGH TORSO STRETCH



**x15 seconds**

Standing straight, put your hands above your head. Lace fingers together. Push hands up toward the ceiling. Hold for 15 seconds.

## 8 THIGH STRETCH

**x15 seconds (per thigh)**

Stand straight and lift right foot behind. Grab your right ankle. Balance on left leg. Keep your knees parallel.

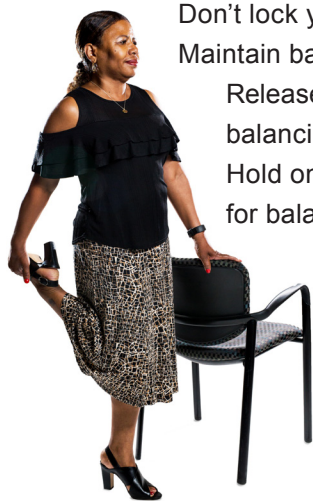
Don't lock your straight knee.

Maintain balance. Hold for 15 seconds.

Release and repeat, this time

balancing on right leg.

Hold on to chair or desk for balance.



*Modified*



## 9 ARM CIRCLES

**x10 each arm (each direction)**

Standing straight with feet flat on the floor, raise your right arm to your side, even with your shoulder. Move arm in a small circular motion. 10 forward and 10 backward. Repeat with left arm.



## 10 MINI LEG LUNGES

**x10 reps (each leg)**

Stand with feet shoulder-width apart. Step forward with right leg. Lower your hips and bending your right knee gently so thigh aligns parallel to the floor. Left knee bends to nearly touch the floor. Keep back straight and upright. Look straight ahead. Keep weight centered over hips. Hands on hips for balance. Only go down as far as is comfortable. Straighten to standing and repeat.



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**10 In-Office Stretches**  
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*Remember* only apply the pressure and extension that is comfortable for your body

## 1 SHOULDER STRETCH

**x 15 seconds** (per side)

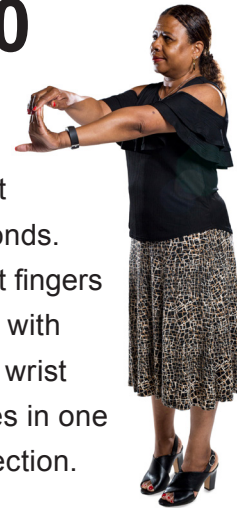
Standing straight, bring right arm across chest, keeping shoulder down. Grab top of extended arm near tricep. Hold for 15 seconds, stretching shoulder. Repeat with left arm/shoulder.



## 3 HAND STRETCH & WRIST CIRCLES

**x 15 seconds & x 10 circles** (each direction)

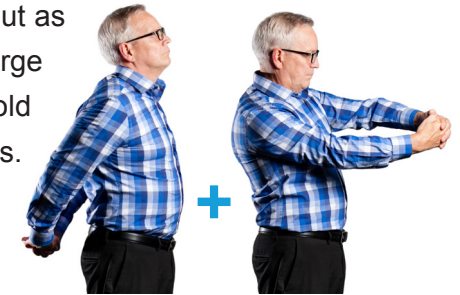
Raise right arm in front of body. Take opposite hand and pull right hand fingers back. Hold 15 seconds. Take opposite hand and pull right fingers down. Hold 15 seconds. Repeat with left. Take both hands and rotate wrist in a circular motion. Do 10 circles in one direction and 10 in the other direction.



## 5 CHEST & UPPER BACK

**x 15 seconds** (front & back)

Standing straight, lock hands behind lower back. Push hands toward floor, stretching chest. Hold for 15 seconds. Bring arms forward, and grasp hands. Push hands out as if cradling a large beach ball. Hold for 15 seconds.



## 2 SHOULDER SHRUGS

**x 15 seconds** (repeat x3)

Standing straight, inhale deeply and shrug shoulders, lifting them high up to ears. Hold for 5 seconds, exhale and release. Repeat 3 times.



## 4 TORSO TWIST

**x 15 seconds** (per calf)

Stand straight with your feet flat on the ground. Keeping your hips facing forward, rotate your head, chest and torso as one unit to the right. Hold for 15 seconds. Repeat, twisting to the left.



## 6 NECK STRETCH

**x 15 seconds** (per direction)

Standing straight, tuck chin to chest. Hold 15 seconds. Lift head to neutral, then look straight up, bending head back. Hold 15 seconds. Return head to neutral and then bring ear to right shoulder. Hold 15 seconds. Return to neutral, bring ear to left shoulder. Hold for 15 seconds.

