

10-20 seconds
2 times



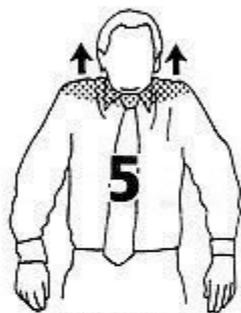
10-15 seconds



8-10 seconds
each side



15-20 seconds



3-5 seconds
3 times



10-12 seconds
each arm



10 seconds



10 seconds



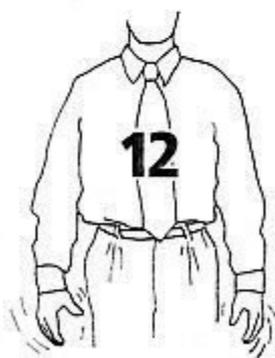
8-10 seconds
each side



8-10 seconds
each side



10-15 seconds
2 times



Shake out hands
8-10 seconds

From the image above, the shaded regions represent the muscles that are being targeted

#1 Lean back and Stretch your wrists and shoulders. Interlock your fingers with your palms facing away from you to stretch your wrist flexors and shoulder protractors. If you have shoulder problems you may not want to bring the arms above shoulder height.

#2 Reach arms up overhead. You can do this sitting or standing and you can go right into #3.

#3 Side Bend. You can do this stretch sitting or in standing for a deeper stretch.

With arms overhead, grasp elbows and lean to one open up one side, then the other.

#4 skip. It is the same as #2.

#5 Shoulder Shrugs. Just sitting at your desk, inhale and shrug your shoulders to your ears, hold, then exhale and release your tension and relax your shoulders down to neutral. Rest your arms down at your sides. If you can throw in a good squeeze between the shoulder blades, all the better!

#6 Behind the Back Shoulder Stretch. While sitting in your desk chair, lean forward slightly and reach your arms behind your back. Clasp your hands together and tilt your head to one side, then the other to stretch your upper traps.

#7 & #8 Wrist Stretches. Similar to #2. Place your palms together and press through your fingers as you bring your palms lower in front of your chest.

Pivot your finger tips downward so that they are pointing towards the ground.

This stretches your finger flexors which are constantly working to type and write.

#9 Sitting Swimmer Stretch. Reach one arm up and push the sky, while reaching the opposite arm down and pug the floor. Switch, repeat. This works on shoulder strength and scapular elevation and depression.

#10 Seated Twist. Cross one leg over the other and sit up straight.

Twist slowly to the opposite side and stretch your postural extensor muscles.

Inhale with twist, exhale as you lean into it and appreciate the stretch.

#11 Seated Pec Stretch. While seated, place both your hands on your hips with your thumbs facing forward. Push your elbows back and allow your chest to open. Your lower