Office Stretching Exercises

Take a few minutes to stretch to help your circulation and make your body feel better. Learn to stretch when you feel tense to help ease the muscle tightness. Here are some stretches that may help you. Talk to your doctor or physical therapist to see if you should limit any motions because of injuries or other problems.

Breathe easy and do each stretch in a slow, gentle and smooth motion.

Exercises

- Open your fingers out as wide as you can and then bend your fingers back into a fist.

- Shrug your shoulders up towards your ears and then relax.

More on next page ➔
- Tilt your head to the right as if you are trying to touch your right ear to your right shoulder. Return your head to the normal position. Repeat this exercise to the left.

- Turn your head slowly and look over your left shoulder. Then turn to look over your right shoulder.

- Roll your shoulders forward in a circle. Then, roll your shoulders backwards in a circle. Relax and repeat.

- Sit or stand and bring one arm across your body at shoulder height. Place your other hand on your elbow or upper arm and pull it close to your chest. Feel the stretch in the back of your shoulder. Repeat with the other arm.
Raise one arm into the air and reach for the ceiling. Feel the stretch through your side. Bring the hand down behind your head reaching across towards the opposite shoulder blade. Reach up with your other hand and gently pull your elbow towards your back. If you cannot reach to pull your elbow back from behind your head, gently push your elbow back from the front of your arm. Feel the stretch in the back of your upper arm. Repeat with the other arm.

Stand with your feet slightly apart and your arms at your sides. Turn your hands so your thumbs are pointing away from your body. Move your arms out from your side and up over your head. Touch your thumbs together. Breathe in as you do this. Bring your arms down (thumbs down) behind your back. Breathe out as you bring your arms down.

Stand with your hands at your side and your feet slightly apart. Bend to the right as you breathe out and reach your hand to your knee. Return upright as you breathe in. Bend to the left as you breathe out. Return upright as you breathe in.
Stand with your hands on your hips and your feet slightly apart. As you breathe out, turn your upper body and head toward the right. As you breathe in, return to the starting position.

Then as you breathe out, turn your upper body and head toward the left. As you breathe in, return to the starting position.

Stand facing the wall with your feet about 18 inches from the wall. Place your hands on the wall at shoulder height.

Step your foot back with the leg straight and the heel on the floor. Your other leg will be bent at the knee. Keep your back leg straight and lean into the wall until you feel a stretch in the back of your lower leg. Hold. Relax and then repeat.

Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.