



# Seated Stretches

These exercises are designed to increase your flexibility and relieve stress at work or home.

Hold each stretch as directed below or until you feel a gentle pull. Relax and gently repeat throughout your day.

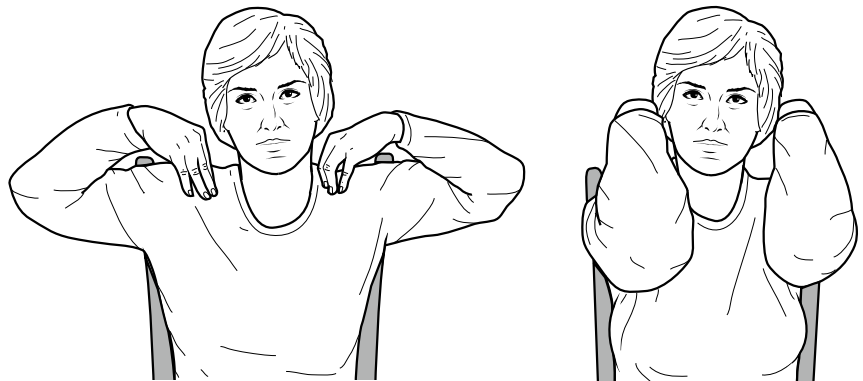
## Chest stretch

- Put your hands on your shoulders with your elbows pointing to the side.
- Slowly reach back with your elbows like you are trying to touch your elbows together behind your back, keeping your hands on your shoulders.
- When you feel a gentle stretch between your shoulder blades, hold for 10 to 30 seconds.
- Relax and repeat.



## Back stretch

- Put your hands on your shoulders with your elbows pointing to the side.
- Slowly bring your elbows to the front of you, keeping your hands on your shoulders.
- When you feel a gentle stretch between your shoulder blades, hold for 10 to 30 seconds.
- Relax and repeat.



## Gluteus stretch

- Use both hands to grasp one knee.
- Gently pull your knee toward your chest.
- When you feel a gentle stretch at the back of your upper leg, hold for 20 to 30 seconds.
- Relax and repeat with your other knee.



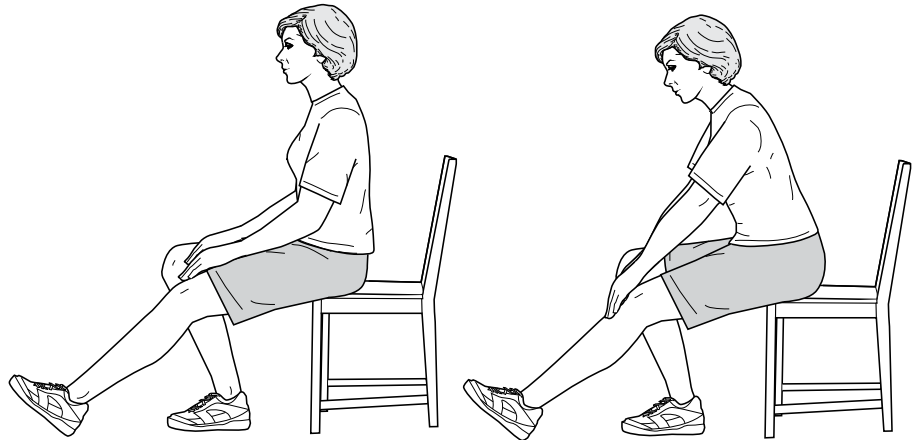
## Hip stretch

- Grasp one leg and try to cross your ankle over your knee.
- You should feel a gentle stretch in the outside hip of the leg that is bent.
- Hold for 20 to 30 seconds.
- Repeat with your other knee.



## Hamstring stretch

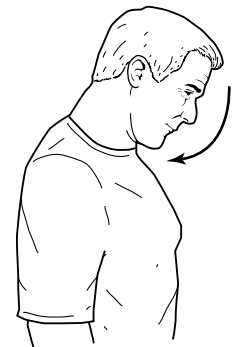
- Sit on edge of chair.
- Position the heel of one leg on floor with leg straight.
- Reach toward toes or bring torso toward leg.
- Hold the stretch for 20 to 30 seconds.
- Repeat with the other leg.



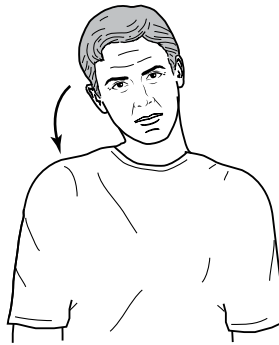
## Neck stretches

Sit up straight with your arms relaxed at your sides:

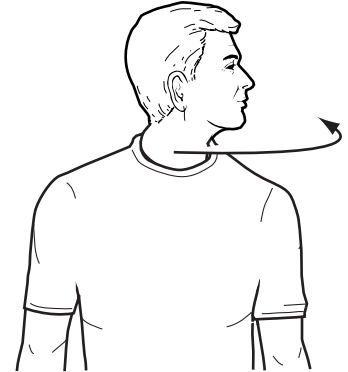
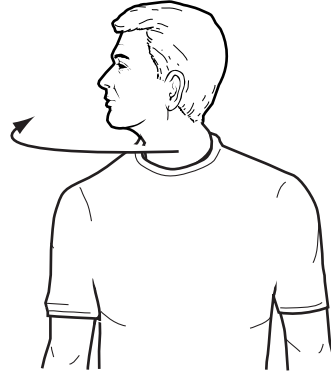
- Let your head gently fall forward, so your chin is towards your chest. When you feel a gentle stretch at the back of your neck, hold for 20 to 30 seconds. Relax and repeat.



- Gently drop your head to one side, so your ear is towards your shoulder. When you feel a gentle stretch, hold for 20 to 30 seconds. Repeat on the other side.

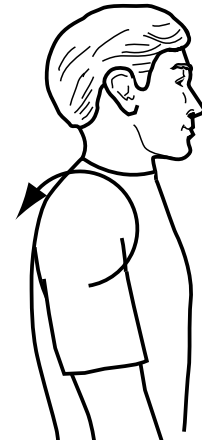


- Gently turn your head to one side, so your chin is almost over your shoulder. When you feel a gentle stretch, hold for 20 to 30 seconds. Repeat on the other side.



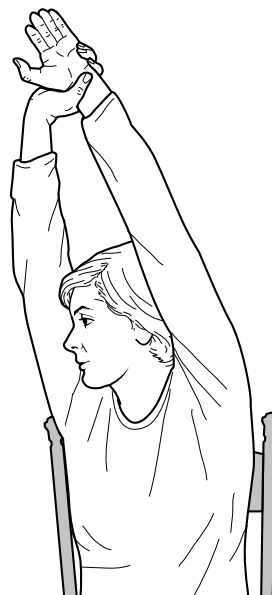
## Shoulder stretch

- Sit up straight in your chair.
- Slowly roll shoulders in a circle toward your back. As we tend to sit slouched forward, there is no need to roll your shoulders forward.
- Repeat this 10 times slowly.



## Upper back stretch

- Place both hands above your head.
- Take your right wrist in your left hand and gently pull toward the ceiling as you lean a bit to the right.
- Hold for 20 to 30 seconds.
- Switch hands and repeat, leaning a bit to the left.



**Talk to your doctor or health care team if you have any questions about your care.**

For more health information, go to [patienteducation.osumc.edu](http://patienteducation.osumc.edu) or contact the Library for Health Information at 614-293-3707 or [health-info@osu.edu](mailto:health-info@osu.edu).