

**Seated Hip Stretch**

...helps to maintain hip mobility, when seated for too long periods of time.



**Spinal Twist**

...helps maintain flexibility in your core, when seated for long periods of time.



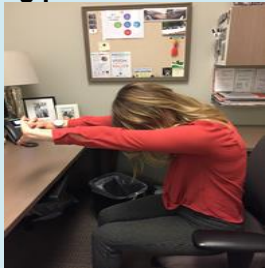
**Torso Stretch/Bend**

...warms up the sides, abdominals and core muscles.



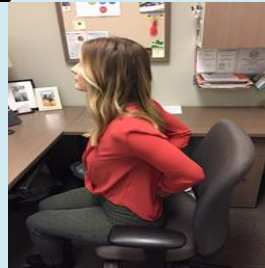
**Upper Back Stretch**

...helps with flexibility in the upper back/neck from typing for long periods of time.



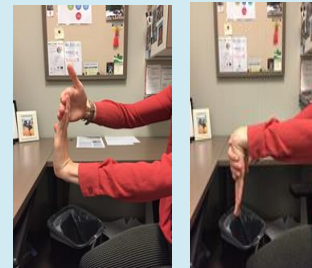
**Chest Stretch**

...helps to maintain low back flexibility and gets it ready for lifting.



**Forearm Stretch**

...helps to prevent strain from typing for long periods of time.

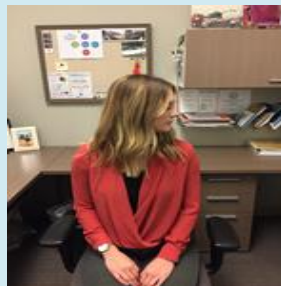


**Neck Stretches**

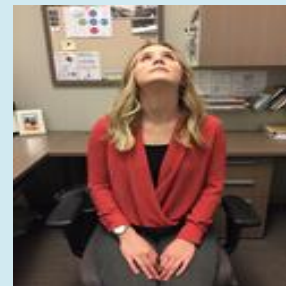
...(Ear to Shoulder) helps prevent strain in the neck muscles.



...(Chin to Shoulder) helps prevent strain in the neck muscles.



...(Chin Up/Chin Down) helps prevent strain in the neck muscles.



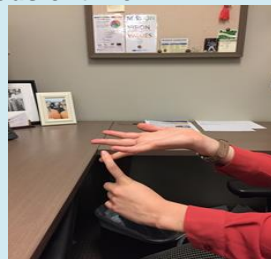
**Thumb Tuck**

...helps prevent strain in the tendon running along the thumb from typing for long periods of time.



**Finger Stretch**

...helps prevent strain in the fingers from typing for long periods of time.



**Wrist Rolls**

...helps to maintain wrist mobility from typing for long periods of time.



**Directions:**

**1. Seated Hip Stretch**

- a. Cross the left ankle over the right knee. Gently lean forward until you feel a stretch in the left glute and hip. You can also press down gently on the left knee to deepen the stretch. Repeat on the other side. Perform 3 sets of 10 seconds.

**2. Spinal Twist**

- a. In a seated position with the feet flat on the floor, contract the abs and gently twist the torso to the left, using your hands on the chair to deepen the stretch. Only twist as far as you comfortably can while keeping the back straight and the hips square. Repeat on the other side. Perform 3 sets of 10 seconds.

**3. Torso Stretch/Bend**

- a. In a seated or standing position, lace the fingers together and stretch them toward the ceiling. Take a deep breath and using your abs bend over to your left side and hold. Repeat on the other side. Perform 3 sets of 10 seconds.

**4. Upper Back Stretch**

- a. Extend both arms straight out and rotate the hands so that the palms face down. Contract the abs and round the back, reaching away as you relax the head. Perform 3 sets of 10 seconds.

**5. Chest Stretch**

- a. Clasp both hands together behind the back, and rotate the shoulders back while opening up the chest. Perform 3 sets of 10 seconds.

**6. Neck Stretch**

- a. Gently bring the left ear to the left shoulder tilting your head to the left, feeling a stretch down the right side of the neck and shoulder. Repeat on the other side. Perform 3 sets of 10 seconds.
- b. Gently look over your left shoulder to feel a stretch down the right side of the neck and shoulder. Repeat on the other side. Perform 3 sets of 10 seconds.
- c. Gently look up to the ceiling and hold. Gently look down and tuck the chin to your chest, and hold. Perform 3 sets of 10 seconds.

**7. Forearm Stretch**

- a. Extend left arm out and turn the hand down so that the fingers point towards the floor. Use the right hand to gently pull the fingers toward you, feeling a stretch in the forearm. Repeat on the other side. Perform 3 sets of 10 seconds.
- b. Bring hands together and hold. For a deeper stretch, start from the bottom and bring the bottom of the hands up towards the chest. Perform 3 sets of 10 seconds.

**8. Thumb Tuck**

- a. Start with your hands open facing each other, bend the thumb down into the palm and slowly close the fingers around the thumb. With the palms (now closed) still facing each other pretend to water a plant. Do this s-l-o-w-l-y, and you should feel a stretch in the tendon along your thumb. Perform 3 sets of 10 seconds.

**9. Finger Stretch**

- a. With your left palm facing up toward the ceiling pull down gently on each finger, one-at-a-time and hold. Repeat on the other side. Perform 3 sets of 10 seconds.

**10. Wrist Rolls**

- a. Roll each wrist in a circular motion beginning clockwise, then counter-clockwise. Perform 10 consecutively.