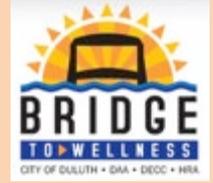




# City of Duluth Office Stretching Program



## Why?

- Sitting for long periods of time can have a negative effect on your muscles. Job industry trends report regular pain in the neck, shoulders, and lower back for office workers.
- Try these stretches throughout the day to prevent stiffness and pain!
- Additionally, stretching will improve flexibility, strength, balance, circulation, and range of motion.

## General Notes

- Stretching should be individualized, go as far as your body is capable (mild tension in muscle).
- All movements should be slow and controlled.
- Perform each of the exercises listed below for 15-20 seconds, unless otherwise noted.
- Take a 30-60 second break from your desk for each 20-30 minutes of work, even if you aren't stretching!

### Spiders

- Bring the hands in front of the chest, and join at the fingertips
- Keeping the fingertips together, bring the palms closer together
- Repeat the movement, separating and rejoining the palms



### Neck Stretch

- Keeping shoulders relaxed, lean the head to one side bringing the ear to the shoulder
- Using the opposite hand, gently pull the stretch further
- Repeat on the opposite side



### Wrist Flexion/Extension

- Fully extend one arm in front of you
- Point the fingers to the sky, and pull back using the other hand
- Next, point fingers to the ground, pulling back with opposite hand
- Repeat on the other arm



### Shoulder Rolls

- Sit at the edge of your chair, or come up to a standing position
- Shrug the shoulders as you move them backwards in a circular motion
- After 10 reps, change directions



### Shoulder Cross Over

- Fully extend one arm, and bring it across the chest to the opposite side of the body
- Using the opposite arm, pull the extended arm against the chest and hold
- Repeat on the other arm



### Tricep Pull Down

- Raise one arm, and flex the elbow so the hand falls behind the back
- Using the other hand, gently pull down on the elbow
- Hold, and repeat on the opposite arm



### Overhead Stretch

- Standing with feet shoulder width apart, clasp the hands together
- Keeping hands together, extend the arms above the head
- Reach as far as permitted, focusing on stretching the upper back



### Side Bend and Reach

- Standing with feet greater than shoulder width apart, bend laterally at the waist to one side
- Reach the opposite arm over the head, bending as far as permitted
- Repeat on the other side



### Knee Tuck

- Sit at the edge of your chair with the spine fully erect
- Raise one leg off the ground, and bring the knee towards the chest while keeping the heel of the opposite leg on the ground
- Hug the knee tightly with the arms, getting a stretch in the lower back



### Floor Reach

- Staying in the seated position at the edge of the chair, extend one leg so the heel is on the ground, keeping the other planted
- Extending the arms out in front of you, reach towards the floor/your toes feeling a stretch in the back and hamstrings



### Standing Quad Stretch

- Standing on one leg, using your desk for balance if necessary, send the free leg backwards
- Grab the foot with the arm of the same side, pulling the foot towards the buttocks
- Repeat on the other leg



### Calf Extension

- Step forward with one leg, keeping the back leg fully extended
- Lean forward on your desk or a wall, keeping the heel of the back leg on the ground
- Repeat on the other leg

