Avoid if you are pregnant

Stand in neutral posture near a wall or desk. Use the wall or desk for support and balance with the right hand. Bend the left knee backwards and grasp the left ankle with the left hand. Pull the ankle gently toward your buttock. Hold for 3-5 seconds. Repeat both legs 2X.

Prepare the body to stretch and move. Walk briskly around the work area, walk in place, or perform any moderate physical exercise to increase the core temperature of your body.


Stretching and Moving for Your Health

These stretches and movements should be done slowly and smoothly. Do not move in a jerky motion. Continue to breathe normally throughout the exercise session. Do not hold your breath. Modify any movement or stretch if you experience discomfort.

How to Modify:
- Reduce the range of movement
- Reduce the number of repetitions
- Stop the exercise if none of the above helps

When Stretch at least twice daily

Take micro breaks throughout the day. Perform 1-2 favorite exercises, repeating them 1-2 times, between work tasks or when getting up from a prolonged static posture.

Important Note

If you are injured or previously experienced an injury, please consult with your physician before starting any of these exercises.

1. Warm Up

Prepare the body to stretch and move. Walk briskly around the work area, walk in place, or perform any moderate physical exercise to increase the core temperature of your body.

2. Neutral Standing

Stand tall with your arms at your side. Slowly open and close your hands. When you open your hands, spread your fingers as wide as possible. Repeat 5X. Gently shake your hands when done.

3. Finger Stretch

Stand in neutral posture, reach overhead with one arm. Reach as high as you comfortably can. Gently side bend to the opposite side of the raised arm. Gently rotate your head toward the raised arm. Hold for 2-3 seconds, don’t bounce. Repeat to the other side. Repeat the movements 2X on each side.

4. Shoulder Roll

Standing in neutral posture, slowly shrug your shoulders upward, roll your back and then down. Repeat this cycle 5X. Don’t turtle your head forward.

5. Reach for the Sky

Standing in neutral posture, reach up in front of your body over your head. Extend your reach as high as you comfortably can. Slightly extend your trunk and slowly lower your arms out to your sides. Open your chest as wide as possible. Repeat the movements 5X.

6. Side Bend Reach

Standing in neutral posture, reach overhead with one arm. Reach as high as you comfortably can. Gently side bend to the opposite side of the raised arm. Hold for 2-3 seconds, don’t bounce. Repeat to the other side.

7. Trunk Rotation

Standing in neutral posture, keep your pelvis forward, slowly rotate your upper body, and look behind you. Your arms can be extended or your hands be placed on your hips. Hold for 2-3 seconds and repeat to the other side. Repeat 2X both sides.

8. Backward Bends

Stand in neutral posture, place left leg forward, right leg to the side, rotated up to 90 degrees outward and slightly bent. Keep your back straight and head upright. Lean forward over the left straight leg with a straight trunk. Hold for 3-5 seconds and repeat on the other side. Complete 2X both sides.

9. Thigh Stretch

Stand in neutral posture. Place left leg forward, right leg to the side, rotated up to 90 degrees outward and slightly bent. Hold for 3-5 seconds. Reverse the legs and repeat to the other side. Complete 2X both legs.

10. Hamstring Stretch

Stand in neutral posture. Place left leg forward, right leg to the side, rotated up to 90 degrees outward and slightly bent. Hold your back straight and head upright. Lean forward over the left straight leg with a straight trunk. Hold for 3-5 seconds. Reverse the legs and repeat on the other side. Complete 2X both legs.

11. Hip & Buttock Stretch

Sit in a chair or stool. Cross one leg over the other. Keeping the back erect, lean forward while keeping the crossed leg parallel to the floor. Hold for 3-5 seconds. Reverse the legs and repeat to the other side. Repeat 3X both legs.

12. Calf Stretch

Standing in neutral posture, place most of your weight on the right foot. Place the left foot in front of the body. Keep weight on the left foot and raise the toes off the ground until a stretch is felt in the left calf. Hold for 3-5 seconds. Repeat 3X both legs.