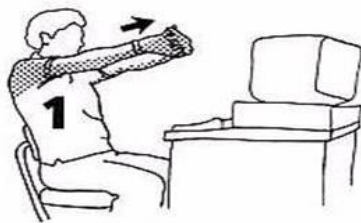


Stretches for the Workplace

Benefits of Regular Stretching:

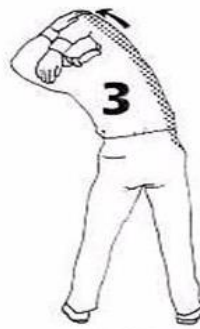
- Increases range of motion, reduces sprain-strain injury risks, and helps control postural fatigue
- Reduces stiffness involving muscles, tendons, joints, and ligaments from long-term sitting



1
10–20 seconds
2 times



2
10–15 seconds



3
8–10 seconds
each side



4
15–20 seconds



5
3–5 seconds
3 times



6
10–12 seconds
each arm



7
10 seconds



8
10 seconds



9
8–10 seconds
each side



10
8–10 seconds
each side



11
10–15 seconds
2 times



12
Shake out hands
8–10 seconds

Source: Stretching by Bob Anderson

Do not bounce or twist while stretching. If you experience any tingling, numbness, or pain, while performing stretches, stop and contact your primary care provider.