

Desk Stretches



SHOULDER ROLLS/SHRUGS



SEATED HAMSTRING STRETCH



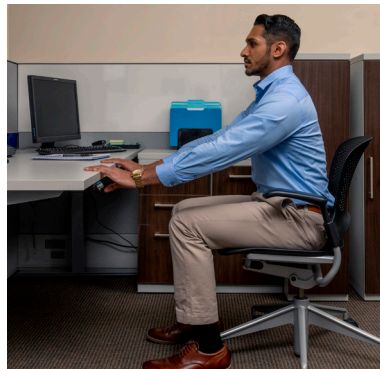
STANDING QUAD STRETCH

Alternate legs.



CHEST STRETCH

Roll shoulders back and lift chest.



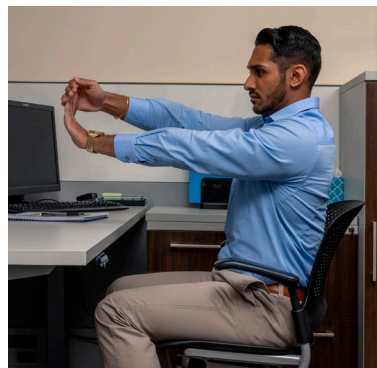
BACK STRETCH

Press chest towards ground.

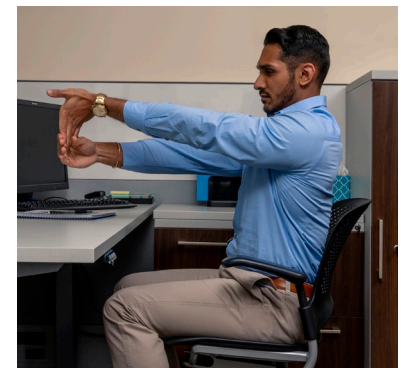


NECK STRETCH

Alternate up/down and side to side.



FOREARM STRETCHES



Continued on reverse

For more ideas, visit [Blog.OhioHealth.com](https://www.ohiohealth.com/blog)



WRIST ROTATIONS

Rotate clockwise then counterclockwise and repeat both wrists.



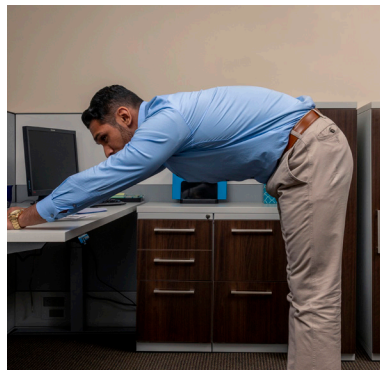
SHOULDER STRETCH

Repeat both sides.



TRICEP STRETCH

Repeat both sides.

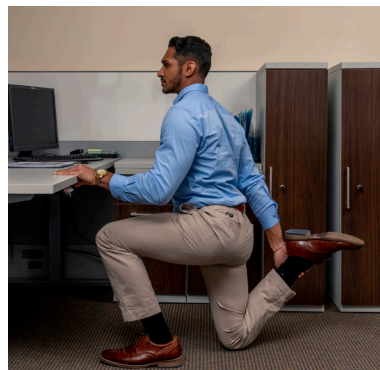


SHOULDER OPENER



HIP FLEXOR STRETCH

Repeat both sides.



DEEP LUNGE

Repeat both sides.

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