

# COMMON STRETCHES

**SIMPLE AT-HOME STRETCHES**  
at the desk, for the spine & lower limbs



**VERSION 2.21**

# Disclaimer

## Release of Liability



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1



Sitting tall, clasp hands together and bring the arms straight out in front of the body. Keeping the shoulders down, slowly raise clasped hands overhead.

2



In a seated position, cross left leg over the right. Resting the right hand on top of leg, slowly rotate the upper body reaching back. Repeat on the other side.

3



Sitting tall, stretch one arm out to the side in line with shoulder. Bring that arm across the chest and turn your head to the side of that arm. Apply pressure at the elbow with the opposite hand. Repeat on the other side.

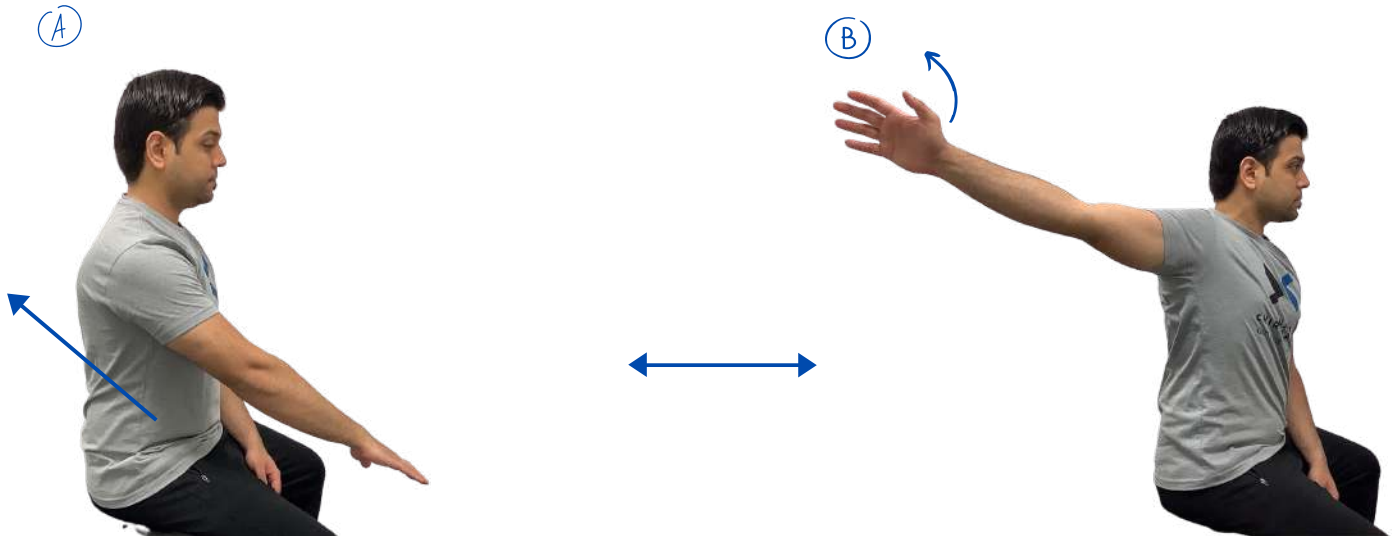
4



While sitting straight, put your right arm behind your back. Bend your neck forward while looking straight down to the ground and turn your head to the left side (without bringing your head up). Repeat on the other side.



5



- Start by bringing one arm with the elbow straight across the body as though trying to touch the knee on the opposite leg.
- Proceed to take the arm back and up in a 45 degree angle keeping the elbow straight and rotating your arm so that your palm faces towards the ceiling as much as possible.
- Repeat on both sides

6



Start with head in upright position, facing forward. Sit on one hand. Place opposite hand on head and slowly tilt the head bringing the ear towards the shoulder. Keep shoulders down. Repeat on the other side.



1

(A)



(B)



Start on hands and knees. Slowly push the mid back up towards the ceiling, keeping the chin tucked. Return to neutral position. Pull the belly towards the floor, keeping hips up. Lift the chin. Return to neutral position.

2

(A)



(B)



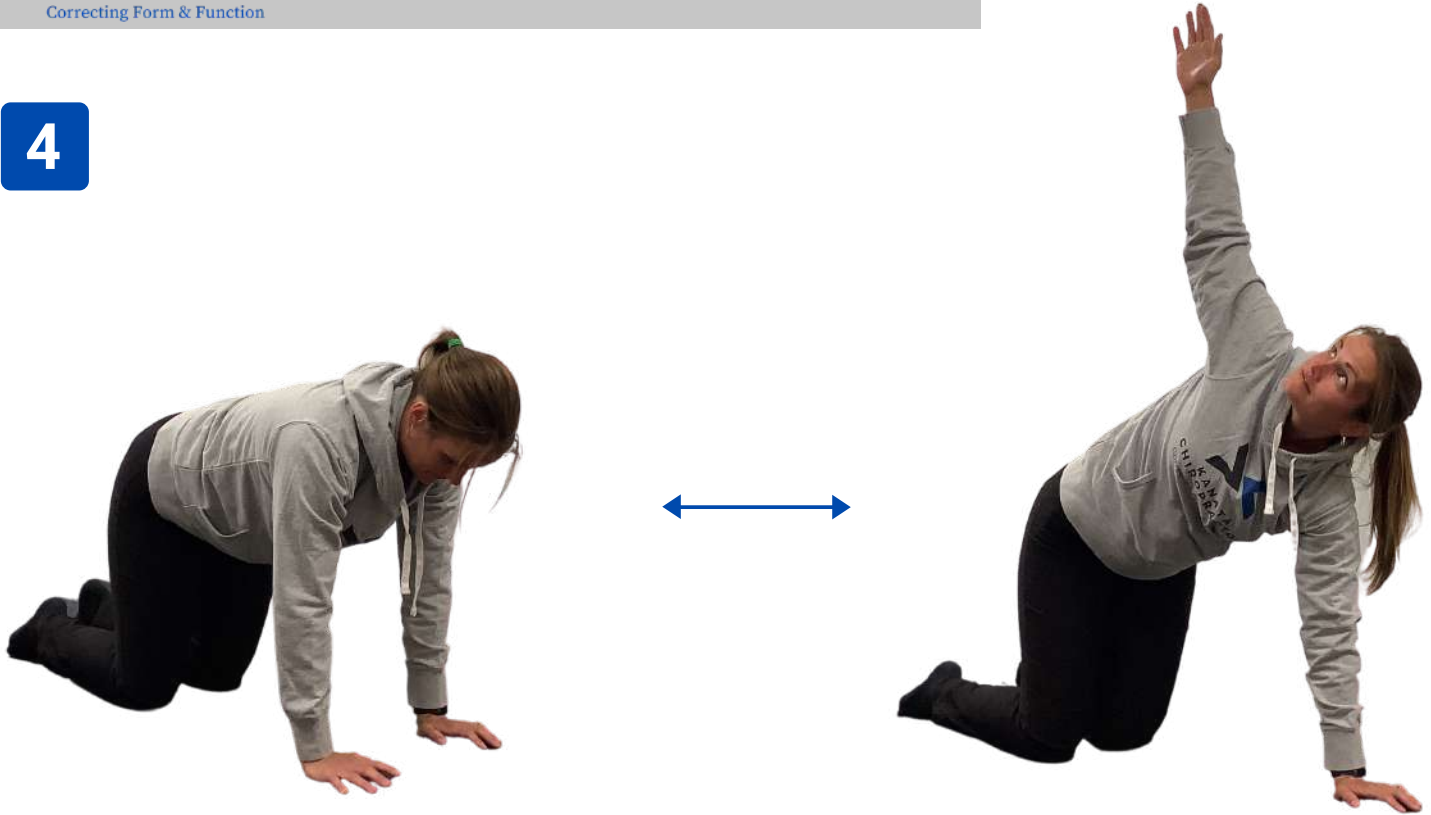
Start by lying on your stomach with hands and feet on the floor. Slowly lift the hips high towards the ceiling, keeping the chin tucked and back straight. Slowly lower back to plank position. Bring chest through the arms, dropping the hips towards the floor. Lift the chest and chin.

3



Starting on the hands and knees, slowly sit the hips back towards the heels. Reach the arms out long keeping the chin tucked.

4



Starting on hands and knees. Slowly rotate one arm up towards the ceiling. Return hand to floor and repeat on the other side.

5



Using an elevated surface, place elbows on top of surface keeping knees on the floor. Slowly pull chest towards the floor.

# Lower Body Stretches

1



Start by standing with one leg in front of the other. Proceed to bend the front knee and bring the back knee towards the ground. Get as low as you can tolerate. Lean into the front leg while keeping the back leg and knee where they are.

2



Start on your all fours. Bend your left leg so that you are able to bring the foot under your body. Try to get that foot as close to your hand as possible while keeping your body where it is. Lean forward and feel a pull in the buttock and thigh. Repeat on the other side.

3



Stand tall and bring feet under the hips. Tighten the core by pulling the bellybutton towards the spine. Soften the knees with a slight bend. Slowly tip from the hip, keeping hips back. Keep the head up and facing forward. Slowly rise to return to standing position.

4



Stand a few steps away from a wall. Put your right foot on the wall such that your heel is still on the ground but your toes are against the wall. While keeping both knees straight, lean in towards the wall and feel a stretch in your calf. Repeat on the other side.

