

Seated Mid Back Stretch

REPS: 1	HOLD: 20 seconds
<p>1</p> 	<p>2</p> 

Perform every hour

Setup

Begin sitting upright in a chair.

Movement

Straighten your arms out in front of you with your elbows straight and fingers interlocked, then slouch your upper back, tuck your head, and pull your arms forward. You should feel a stretch in your mid back.

Tip

Make sure to breathe deeply during the stretch.

Standing Hip Flexor Stretch

REPS: 1

HOLD: 20 seconds



Perform both sides once an hour

Setup

Begin in a staggered stance position with your hands resting on your hips and the leg you are going to stretch positioned behind your body.

Movement

Keeping your back straight and upright, tighten your abdominal muscles and try to rotate the pelvic posterior by "tucking your tail", squeeze your buttock muscles and slowly shift your weight forward until you feel a gentle stretch in the front of your hip.

Tip

Make sure to keep your hips and shoulders facing forward and do not arch your low back during the stretch. Keep both feet facing straight forwards. Do not let the rear foot rotate out. Do not let the pelvis rotate towards the side you are stretching.

Gentle Levator Scapulae Stretch

REPS: 1

HOLD: 20 seconds

1



2



Do both sides

Setup

Begin sitting upright in a chair, grasping the edge with one hand.

Movement

Rotate your head to the side opposite your anchored arm, then tuck your chin towards your chest. You should feel a stretch on the back of your neck and above your shoulder blade.

Tip

Make sure to keep your back straight during the exercise.

Seated Gentle Upper Trapezius Stretch

REPS: 1

HOLD: 20 seconds



Do both sides

Setup

Begin sitting upright on a table grasping the edge with one hand.

Movement

Turn your head toward the side with your straight arm, then bend your neck sideways to your opposite shoulder. You should feel a stretch in the side of your neck and upper back.

Tip

Make sure to keep your back straight during the exercise.

Seated Upright Posture Correction

REPS: 4

SETS: 1

HOLD: 3 seconds

1



2



Perform every hour.

Setup

Begin sitting in a slumped position.

Movement

Slowly straighten your back, imagining a string pulling your head upward, making yourself as tall as possible. Tighten the muscles between your shoulder blades as tight as possible and draw your chin in (double chin) for 2 seconds and relax, then repeat.

Tip

Keep your upper shoulders relaxed as you sit upright. Do not lift your shoulder up.

Wrist Flexor Stretch

REPS: 1

HOLD: 20 seconds

1



2



Setup

Begin sitting upright in a chair.

Movement

Place your palms together in front of your chest, then gently press your hands together and lower them towards your lap until you feel a stretch in your wrists. Hold this position.

Tip

Make sure to keep your palms together and the shoulders relaxed during the stretch. Only move through a pain-free range of motion.

Seated Piriformis Stretch with Trunk Bend

REPS: 1

HOLD: 20 seconds

1



2



Perform on both sides with both a push on the knee and a pull on the knee. If you get any sharp pain in the groin with either the push or pull then stop.

Setup

Begin sitting upright in a chair with one ankle resting on your opposite knee.

Movement

Tighten your abdominal muscles. Slowly lean forward, first by gently pressing down on your bent knee with your hands until you feel a stretch along the underside of your thigh. Hold this position and then repeat by pulling the same knee towards you and holding that position.

Tip

Make sure to keep your back straight as you bend forward.