The Home Stretch

\When you feel your body beginning to complain about its less-than-ideal working conditions, give it some relief with a quick set of stretches:



Shoulders

- Place one hand under your elbow.
- Lift your elbow and stretch it across your chest. Don't rotate your body as you stretch.
- Hold the stretch for 30 seconds. You'll feel tension in the back of your shoulder.
- Relax and slowly return to the starting position.
- Repeat the stretch with the other arm.



Neck

- Face straight ahead.
- Lower your chin to your chest.
- Hold the stretch for 30 seconds. You'll feel tension in the back of your neck.
- Relax and slowly return to the starting position.
- Repeat.



Lower back

- Sit forward in your chair.
- Bring one of your knees toward your chest. Use your hands to grab the back of your thigh and gently pull it toward you. Keep your back straight, being careful not to lean forward.
- Hold the stretch for 30 seconds. You'll feel tension in your lower back and the upper part of your buttock.
- Relax and slowly return to the starting position.
- Repeat the stretch with the other leg.

Feel better? For more desk stretches, visit the Mayo Clinic's webpage on Office Stretches.

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