



Stretches for Everyday

dynamic movements for daily life demands



These six exercises are designed to target area affected by prolonged sitting and standing during your workday. Hold each exercise for 15-30 seconds and repeat as needed throughout your day.

Upper Body Stretches

Lateral Neck Stretch



- Place 1 arm behind back
- Use opposite hand to pull head toward opposite shoulder

Wall Chest Stretch



- Place arm at a 45 degree angle on wall
- Rotate body away from arm

Anterior Shoulder Stretch



- Clasp hands behind lower back
- Gently lift hands upwards

Posterior Shoulder Stretch



- Bring arm across front of body
- Use opposite arm to pull arm toward chest

Lower Body Stretches

Hip Hinge to Extension



- Push Hips back
- Round shoulders
- Reach out, up and extend back

Figure Four



- Place ankle above knee of opposite leg
- Push Hips back
- Put pressure on bent knee increase stretch

Side-Side Reach



- Wide stance
- Keep legs straight and reach of lower leg

Side-Side Lunge



- Wide stance
- Lunge to side
- Keep knee from going past toes