

Range of Motion (ROM)

Half Neck Circles:



Slowly rotate your head in a semi-circle from one side, down towards your chest and up to the other side. Repeat 5-10x within a comfortable ROM.

Lateral Neck Rotations:



Slowly turn your head from the right to the left and back again. Repeat 5-10x within a comfortable ROM.

Shoulder Rolls:



Slowly roll your shoulder forward and backwards. Perform 5-10x each direction within a comfortable ROM.

Elbow Circles:



Hold your arms out to the side and slowly rotate from the elbow down. Perform 5-10x each direction within a comfortable ROM.

Wrist Circles:



Hold one arm in front of you and slowly rotate your hand in clock-wise and then counter-clockwise circles. Perform both hands in each direction 5-10x within a comfortable ROM.

Hip Rotations:



Place both hands on your hips and slowly make clock-wise and then counter-clockwise circles. Perform 5-10x each direction within a comfortable ROM.

Knee Raises:



Slowly lift each leg up and down (no higher than waist height). Perform each leg 5-10x within a comfortable ROM.

Knee Flexion/Extensions:



Slowly bend and then straighten one leg at a time. Perform each leg 5-10x within a comfortable ROM.

Ankle Circles:



Point your toe and slowly make clock-wise and then counter-clockwise circles with you toe/foot.
Perform each leg 5-10x within a comfortable ROM.

Upper Body Stretches

Forward Neck Stretch:



Slowly tilt your head forward until a gentle stretch is felt in the back of the neck. Do not overstretch.

Side Neck Stretch:



Slowly bring your right ear in the direction of your right shoulder and hold until a gentle stretch is felt on the left side of your neck. Repeat in opposite direction. Do not overstretch.

Rotation Stretch:



Slowly rotate your head to the right and hold until a gentle stretch is felt on the left side of your neck. Repeat in opposite direction. Do not overstretch.

45 Degree Head Tilt:



Slowly rotate your head half way to the right (45 degrees) and then slowly tilt your chin down towards your right chest. Hold until a gentle stretch is felt on the left side of your neck. Repeat in opposite direction. Do not overstretch.

Deep Muscle Neck Stretch A:



Place two hands on the curve of the left side of your neck and apply gentle pressure down. Next, slowly tilt your right ear towards your right shoulder until a gentle stretch is felt on the left side of your neck. Repeat in opposite direction. Do not overstretch.

Deep Muscle Neck Stretch B:



Repeat as above but lean the head back slightly. You should feel a gentle stretch on the front/side of the neck. Do not overstretch.

Neck/Shoulder Stretch:



Place your right hand behind your back and clasp the right wrist with the left hand. Gently pull the right arm and then tilt your left ear towards your left shoulder until a gentle stretch is felt on the right side of the neck. Repeat in the opposite direction. Do not overstretch.

Triceps/Shoulder Stretch:



Gently pull your elbow across your chest toward your opposite shoulder. Repeat in the opposite direction. Do not overstretch.

Mid Back/Arm/Wrist Stretch A:



Interlace your fingers out in front of you at shoulder height. Turn your palms outward as you extend your arms forward to feel the stretch in your shoulders, mid back, arms, hands, fingers, and wrists. Do not overstretch.

Overhead Mid Back/Arm/Wrist Stretch:



Interlace your fingers above your head. Now with your palms facing upward, push your arms slightly back and up. Feel the stretch in the shoulders, upper back, arms, hands, fingers, and wrists. Do not overstretch.

Chest and Shoulder Stretch:



Raise your elbows to shoulder height at your sides (approximately 90 degrees), and place your palms against the side of the door frame. Slowly exhale and gently lean your body forward. A gentle stretch should be felt in the chest and front of your shoulders. Do not overstretch.

Wrist and Forearm Stretch A:



Hold one arm out in front and gently pull the hand/fingers downwards until a gentle stretch is felt on top of the lower arm/wrist. Repeat with opposite arm. Do not overstretch.

Wrist and Forearm Stretch B:



Hold one arm out in front and gently pull the hand/fingers upwards and back until a gentle stretch is felt on the bottom of the lower arm/wrist. Repeat with opposite arm. Do not overstretch.

Lower Body Stretches

Standing Passive Extension:



Standing straight, place your hands on your low back and hips, with your thumbs on either side of your lower spine. Apply gentle pressure with your thumbs, and slowly lean slightly backwards. Keep your head straight, as if holding an egg under your chin. Do not overstretch.

Passive Extension with Desk:



Place two hands on your desk with your feet positioned slightly back. Slowly lean the front of your hips towards your desk, allowing your back to gently arch. Do not overstretch. **Standing Quadriceps**

Stretch:



Stand and hold onto your desk or wall. Bring your heel towards your buttocks and grasp your ankle with your hand. If possible, gently pull the heel closer towards your buttocks with your hand until a gentle stretch is felt in the upper, front thigh. Repeat with the opposite leg. Do not overstretch.

Standing Hamstring Stretch A:



Place one foot in front of you, keeping the leg straight. Bend your back leg 45-90 degrees. Keeping your back as straight as possible and your hands on your hips, slowly lean forwards at the hips until a gentle stretch is felt in the back of your thigh. Repeat with the opposite leg. Do not overstretch.

Standing Hamstring Stretch B (if your chair has wheels, lock them or position the back of your chair against your desk):



Stand in front of a chair with one foot up on the seat. Keep your chest up and back straight. Place your hands on your straight leg and slowly bend forwards at the hips until a gentle stretch is felt in the back of your thigh. Repeat with the opposite leg. Do not overstretch.

Standing Hip Flexor Stretch:



Stand with the front leg bent and the back leg slightly bent with the heel off the floor. Place your hands on your hips and slowly tilt the hips forward until a gentle stretch is felt in the front of the hip. Repeat with the opposite leg. Do not overstretch.

Standing Calf Stretch:



Place two hands on a wall. Bend the front knee and keep the back leg straight with the heel down. A gentle stretch should be felt behind the lower leg in the calf and Achilles tendon. If not, place the rear foot farther back, but still keep the heel on the floor. Repeat with the opposite leg. Do not overstretch.