

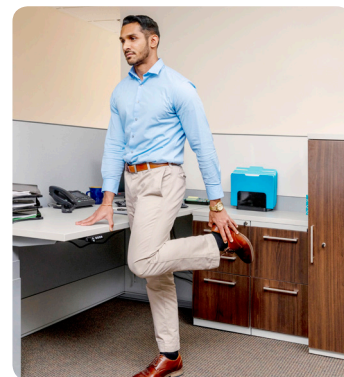
# Desk Stretches



**1** SHOULDER ROLLS / SHRUGS



**2** SEATED HAMSTRING STRETCH



**3** STANDING QUAD STRETCH:  
Alternate legs.



**4** CHEST STRETCH:  
Roll shoulders back and lift chest.



**5** BACK STRETCH:  
Press chest towards ground.



**6** NECK STRETCH:  
Alternate up/down and side to side.



**7** FOREARM STRETCHES

(Continued on back)

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# Desk Stretches



**8 WRIST ROTATIONS:**  
Rotate clockwise then counterclockwise and repeat both wrists.



**9 SHOULDER STRETCH:**  
Repeat both sides.



**10 TRICEP STRETCH:**  
Repeat both sides.



**11 SHOULDER OPENER**



**12 DEEP LUNGE:**  
Repeat both sides.



**13 HIP FLEXOR STRETCH:**  
Repeat both sides.

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