

Stretches to Do at Work Every Day | The Ultimate Deskercise Routine

Is your home office set up causing you physical pain?

The habits we build at our desk, especially while sitting, can contribute to discomfort and health issues, including neck and shoulder pain, obesity, musculoskeletal disorders, stress, lower back pain, and carpal tunnel syndrome.

The good news is that moving or stretching is a buildable habit. For starters, you can **set a timer to remind you to take a quick walk or stretch**. If you're pressed for time, there are even certain **stretches you can do at your desk**. Scroll down for the tutorial on working out those computer kinks.

Remember to **breathe normally throughout the stretches, and never hold your breath**. With each stretch, you may find yourself more flexible. Don't go further than is comfortable.

Stretching Out Your Arms | Triceps

1. Raise your arm and bend it so that your hand reaches toward the opposite side.
2. Use your other hand and pull the elbow toward your head.
3. Hold for 10 to 30 seconds.
4. Repeat on the other side.



Stretching Out Your Arms | Overhead Reach, or Latissimus Stretch



1. Extend each arm overhead.
2. Reach to the opposite side.
3. Hold for 10 to 30 seconds.
4. Repeat on the other side.

Stretching Out Your Arms | Upper Body and Arm Stretch

1. Clasp hands together above the head with palms facing outward.
2. Push your arms up, stretching upward.
3. Hold the pose for 10 to 30 seconds.



Stretching Out Your Torso | Shoulder, or Pectoralis Stretch



1. Clasp hands behind your back.
2. Push the chest outward and raise the chin.
3. Hold the pose for 10 to 30 seconds.

Stretching Out Your Torso | Forward Stretch

This stretch is also known as the rhomboid upper or upper back stretch.

1. Clasp your hands in front of you and lower your head in line with your arms.
2. Press forward and hold for 10 to 30 seconds



Stretching Out Your Torso | Torso Stretch, or Trunk Rotation



1. Keep your feet firmly on the ground, facing forward.
2. Twist your upper body in the direction of the arm that's resting on the back of your chair.
3. Hold pose for 10 to 30 seconds.
4. Repeat on other side.

Tip: Exhale as you lean into the stretch for a greater range of motion.

Stretching Out Your Legs and Knees | Hip and Knee Flexion Stretch

1. Hug one knee at a time, pulling it toward your chest.
2. Hold the pose for 10 to 30 seconds.
3. Alternate.



Stretching Out Your Legs and Knees | Hamstrings Stretch



1. Remaining seated, extend one leg outward.
2. Reach toward your toes.
3. Hold for 10 to 30 seconds.
4. Repeat on the other side.

Be sure to do this one leg at a time, as doing this exercise with both legs out can cause back issues.

Head and Shoulder Stretches | Shoulder Shrug

1. Raise both shoulders at once up toward the ears.
2. Drop them and repeat 10 times each direction.



Head and Shoulder Stretches | Neck Stretches



1. Relax and lean your head forward.
2. Slowly roll toward one side and hold for 10 seconds.
3. Repeat on other side.
4. Relax again and lift your chin back to starting position.
5. Do this three times for each direction.

Head and Shoulder Stretches | Upper Trap Stretch

1. Gently pull your head toward each shoulder until a light stretch is felt.
2. Hold the pose for 10 to 15 seconds.
3. Alternate once on each side.





Did you know?

A review of stretching programs in workplaces found that stretching improved range of motion, posture, and provided stress relief. Research also suggests that periodic workplace stretching may reduce pain by up to 72 percent. And some studies show that a bit of exercise in the workday can relieve both physical and mental stress.

While research on stretching in the workplace is still limited, a recent study found that rest breaks can minimize discomfort without compromising productivity.