



Health practice: Stretching at your workstation

Stretching is an important practice to add to your daily routine. Stretching may reduce fatigue, stress, increase energy, and blood supply. It allows muscles to be healthier, stronger, flexible, and well-circulated which helps protect our mobility and independence.

These stretches may be done while sitting down, there is no need to stand up. Do each stretch on both sides of your body.

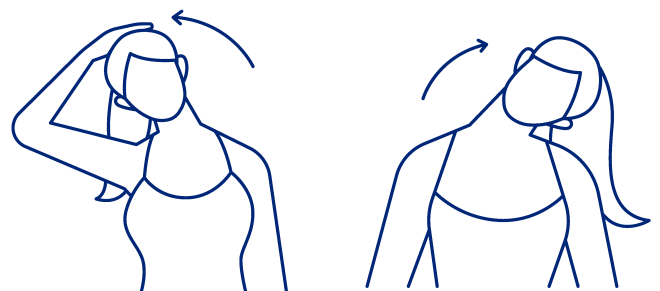
Finger stretch

1. Separate and straighten your fingers until tension of a stretch is felt.
2. Relax and bend your fingers at the knuckles.
3. Repeat first outward stretch once more.



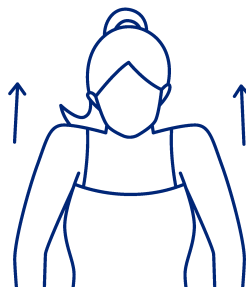
Neck stretches

1. Start with your head in a comfortable, aligned position.
2. Slowly tilt your head to the left side to stretch muscles on the side of your neck.
3. Feel a good, even stretch and do not overstretch.
4. Tilt your head to the right side and stretch.
5. From an aligned sitting position, turn your chin toward your left shoulder. Hold for 10-20 seconds.
6. Gently tilt your head forward to stretch the back of the neck. Do not stretch to the point of pain.



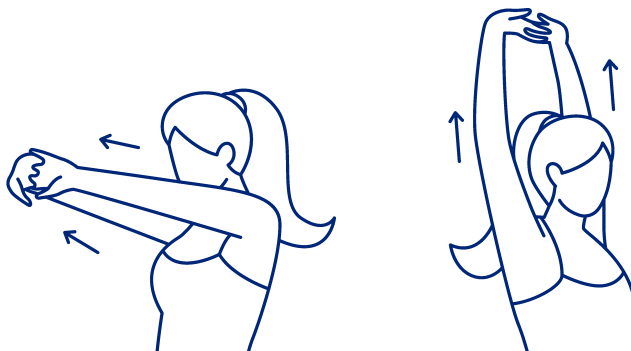
Shoulder shrug

1. Raise both shoulders at once toward your ears until you feel slight tension in your neck and shoulders.
2. Then relax your shoulders downward into their normal position.



Arm stretch

1. Clasp hands together then turn your palms upwards above your head as you straighten your arms.
2. Think of elongating your arms as you feel a stretch through your arms and upper sides of your rib cage.



Hamstring stretch

1. Hug one knee at a time and pull it towards your chest.

Ankle rotation

1. With both feet on the ground. Lift one foot up slightly.
2. Rotate the ankle clockwise 10 times and the counterclockwise another 10 times.



Sources:

1. University of California, Ways to be Active. <https://shcs.ucdavis.edu/health-and-wellness/physical-activity/get-started>. 2023. Accessed March 2025.
2. Vanderbilt Health. <https://my.vanderbilthealth.com/desk-stretches-for-back-neck-and-shoulder/>. 2025. Accessed October 2025.
3. Mayo Clinic, Desk Stretches: Video Collection. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/office-stretches/art-20046041>. 2025. Accessed March 2025.

This information is for general informational purposes only and is not intended nor should be construed as medical advice. Individuals should consult an appropriate medical professional to determine what may be right for them.