



Synergy Health and Wellness, LLC ®  
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## STRETCHING FOR THE DESK

While working from home, or spending more time doing remote work and less time out and about/face to face with clients we are finding ourselves spending more time in front of the computer. That can hurt!

We'll guide you through some stretches and range-of-motion exercises to keep you limber and feeling great.

Consider these exercises at the beginning of your workday, and periodically during the day as your tension and time dictate.

Remember: Go easy--the goal here is to touch the edges of our range of motion, not push past.

Remember: Breathe! The length of time to hold a stretch is ideally the span of about 3 deep breaths.

Modify as needed for your own body, pain levels, and history.

### **Morning warm-up**

Head and neck circles

Looking over the opposite shoulder

Shoulder rolls

Chicken wing arm circles

Spinal twists (gentle!)

### **Addressing Headaches and Neck Pain**

Ergonomics--eyes land  $\frac{1}{3}$  way down computer screen

Chin tucks

Pectoral stretch--doorway stretch

### **Shoulder and arm openers**

Flexion and extension

Wrist circles

Hitchhiker Stretch

### **Upper and mid-back openers**

CAT COW FROM CHAIR

### **Low back and hip flexors**

Crossing ankle over the opposite knee while sitting and leaning forward.

Drop one leg off to the side into a seated "lunge"

**Questions? Call us! We'd love to see you in clinic for bodywork, assisted stretching, or any of our other services.**