Computer & Desk Stretches

How to Stretch:

- Stretch to a point where you feel a mild tension and relax as you hold the stretch.
- The feeling of stretch tells you whether you are stretching correctly or not.
- If you are stretching correctly, the feeling of stretch should slightly subside as you hold the stretch.
- Do not bounce.
- The long-sustained, mild stretch reduces unwanted muscle tension and tightness.
- Stretches should be held generally for 5-30 seconds, depending on which stretch you are doing.
- Breathe slowly, rhythmically and under control.
- Relax your mind and body as much as possible.
- Always stretch within your comfortable limits, never to the point of pain.
- Do not compare yourself to others. We are all different. Comparisons only lead to overstretching.
- Any stretch feeling that grows in intensity or becomes painful as you hold the stretch is an overstretch.

Note: If you have had any recent surgery, muscle, or joint problem, please consult your personal health care professional before starting a stretching or exercise program.

Shoulder Shrug: Raise the top of your shoulders toward your ears until you feel slight tension in your neck and shoulders. Hold this feeling of tension for 3-5 seconds, then relax your shoulders downward. Do this 2-3 times. Good to use at the first signs of tightness or tension in the shoulder and neck area.

With fingers interlaced behind head, keep elbows straight out to side with upper body in a good aligned position. Pull your shoulder blades toward each other to create a feeling of tension through upper back and shoulder blades. Hold this feeling of mild tension for 8-10 seconds, then relax. Do several times.

Standing with knees slightly bent, place your palms on lower back just above your hips, fingers pointing downward. Gently push your palms forward to create an extension in the lower back. Hold a comfortable stretch for 10-12 seconds. Repeat twice. Use this stretch after sitting for an extended period of time.

Interlace fingers, then straighten arms out in front of you, palms facing away from you. Hold stretch for 10-20 seconds. Do at least two times.

Gently tilt your head forward to stretch the back of the neck. Hold for 5-10 seconds. Repeat 2-3 times. Hold only tensions that feel good. Do not stretch to the point of pain.

With fingers interlaced behind your back slowly turn your elbows inward while straightening your arms. This is good to do when you find yourself slumping forward from your shoulders. Hold for 5-15 seconds. Do twice.

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