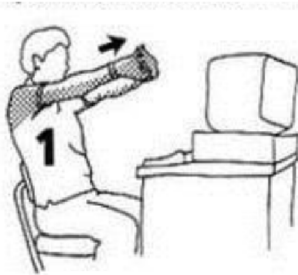




Computer & Desk Stretches

Approximately 4 Minutes

Sitting at a computer for long periods is a repetitive stress to the body and often causes neck, shoulder, and lower back stiffness and pain. Do these stretches every hour throughout the day, or whenever you feel stiff. Also, be sure to get up and walk around the office whenever you think of it.



10-20 seconds
2 times



10-15 seconds



8-10 seconds
each side



15-20 seconds



3-5 seconds
3 times



10-12 seconds
each arm



10 seconds



10 seconds



8-10 seconds
each side



8-10 seconds
each side



10-15 seconds
2 times



Shake out hands
8-10 seconds

Demonstrations of all stretches can be found on our YouTube channel by searching Momentum Chiropractic stretching.