Desk Stretches

The following slides contain stretching exercises you can perform at your desk.

For additional information or to request an ergonomic evaluation, please contact EH&S 412-268-8182
Desk Stretches

Thumbs

- Touch thumb to little finger
- Hold for count of 5
- Relax
- Repeat 5 times with each hand
Desk Stretches

Fingers and Hand

- Spread fingers as far apart as you can
- Hold for count of 5
- Slowly, make tight fist
- Hold for count of 5
- Repeat 5 times for each hand (can do both hands at same time if desired)
Desk Stretches

Wrist

- Place one hand on the fingers of your opposite hand.
- Gently pull your fingers downward, bending slightly at the wrist.
- Hold for count of 5
- Relax
- Repeat 5 times for each hand
- Repeat entire cycle with palm facing away from you, bending your fingers upward.
Desk Stretches

Shoulders

- **Rolls**
  - Roll shoulders forward 5 times
  - Roll shoulders back 5 times
  - Repeat

- **Shrugs**
  - Shrug shoulders
  - Hold for count of 5
  - Repeat
Desk Stretches

Shoulder

- Reach behind your head with your left elbow bent
- Use your opposite hand to push gently downwards on your elbow
- Repeat to right
- Repeat cycle 5 times
Desk Stretches

Neck

- Tilt head to right shoulder
- Hold for count of 5
- Tilt head to left shoulder
- Hold for count of 5
- Repeat
Desk Stretches

Side and Back

- With your fingers interlocked, raise your hands above your head, and keeping your elbows straight
- Slowly lean to the left
- Hold for count of 5
- Lean back to center and then slowly lean to the right
- Hold for count of 5
- Repeat