

# Work Desk Exercises

Simple yet effective exercises to do at your desk to strengthen muscles for great posture & decrease pain from sitting at your desk all day.

## Stretching

### Neck & Ankle Rolls



### Spinal Rotation



Sit up tall & cross one leg over the other. Grab the back of your chair & rotate away from crossed leg.

Hold for 30 seconds & switch. Repeat 2-3x each side

### Tricep Stretch



With feet flat on the floor, sit up tall and raise your arm & bend it back behind your head. Use your other hand to grab your elbow & pull into a deeper stretch. While staying tall, side bend to the opposite direction of the arm behind your head.

Hold for 30 seconds & switch. Repeat 2-3 times.

### Wrist Stretch



Pull your fingers back toward your face with opposite hand until you feel a stretch.

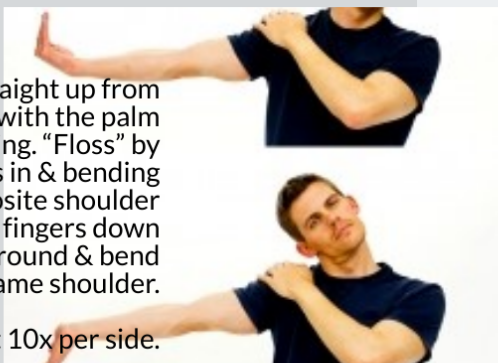
Pull fingers down with opposite hand until you feel a stretch.

Hold 20-30 seconds & switch. Repeat 2-3x

## Nerve Flossing

Hold arm straight up from your side with the palm facing the ceiling. "Floss" by curling fingers in & bending head to opposite shoulder then moving fingers down toward the ground & bend head to same shoulder.

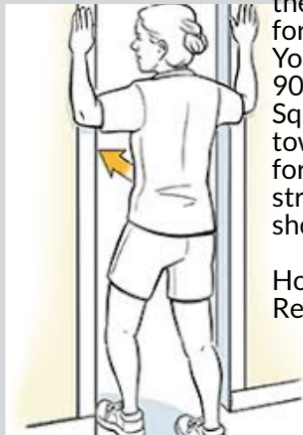
Repeat 10x per side.



## Chest Stretch

Find a door frame. Stand in the doorway & place your forearm along the frame. Your shoulder should be at 90° & your elbow at 90°. Squeeze your shoulder blade towards your spine & lean forward. You should feel a stretch in the front of your shoulder.

Hold for 30 seconds.  
Repeat 3x each arm.



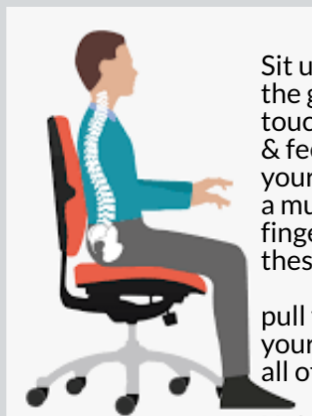
## Quad Stretch



Hold the back of your chair or on to your desk. Stand up tall & pull your heel to your butt.

Hold for 30 seconds.  
Repeat 2-3x per leg.

## Core Activation



Sit up straight with feet flat on the ground. With your fingers, touch the front of your hip bones & feel about an inch closer to your belly button. You should feel a muscle activate where your fingers are while you use one of these cues:

pull your belly button towards your spine, cough, laugh, breathe all of your air out

Hold for 5 seconds, release.  
Repeat 10x.

## Glute & Thigh Squeeze



While sitting in your chair, place hands in between knees, squeeze thighs against hands for 5 seconds then release.

Place hand on the outside of your knees, push into your hands for 5 seconds then release.

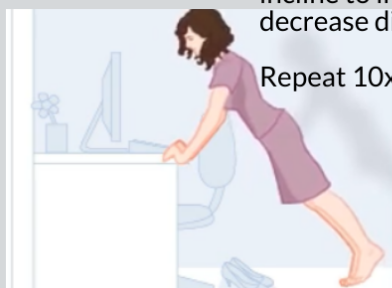
Squeeze glutes for 5 seconds & hold, then release.

Repeat each 10x.

## Desk/Wall Push Up

You may change the incline to increase or decrease difficulty.

Repeat 10x.

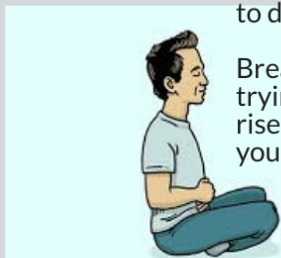


## Relaxation

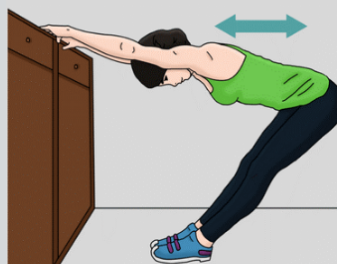
### Deep Breathing

Perform deep breathing for 1-minute 3x a day throughout the workday to decrease stress levels.

Breathe into your belly, trying to make your belly rise first & more than your chest.



### Spinal Decompression



Seated: sitting in your chair, lean over your desk & grab the far edge. While maintain your hold pull-back.

Standing: reach up to a windowsill or to the top of your door & grab a firm hold, sit back/sink down while maintain your hold.