

# CLASSROOM STRETCHES

Take a few minutes to do these stretches while at your desk.

- Start each stretch from a natural position using good posture.
- Stretch only to the point where it's comfortable, then relax and hold.
- Hold each stretch for 10 seconds.
- Don't bounce while stretching.
- Stretch slowly and remember to breathe.
- If you feel any pain, stop immediately and relax.



## NECK TILTS

Start with head in a comfortable position. Slowly tilt your left ear toward your left shoulder. Repeat on right side. Do this 2-3 times per side.



## HEAD TURN

Turn your chin slowly toward your left shoulder to create a stretch on the right side of your neck. Repeat for the other side. Do this 2-3 times per side.



## BACK AND HIP STRETCH

Sitting on a chair, place your left ankle on your right knee. Place your hands on your left lower leg and slowly bend forward towards leg, keeping your back straight. Repeat on the right side.



## BACK STRETCH

Lean forward, keeping head down and neck relaxed. Use hands to push yourself back up.



## SHOULDER SHRUGS

Raise the top of your shoulders up towards your ears. Hold for 3-5 seconds then relax. Repeat 2-3 times.



## FOREARM STRETCH

Interlace your fingers, then stretch arms out and face your palms away from you. Do 2 times.



## FOREARM EXTENSORS

Press your palms together in front of your chest, fingers pointing down. Lift your hands towards your chest, keeping your palms pressed together tightly. Keep lifting until you can feel your forearms experiencing a mild stretching sensation.



## FOREARM FLEXORS

Press your palms together in front of your chest, fingers pointing up. Slowly lower your hands toward your waist, keeping your palms together and your hands close to your stomach.



## SHOULDER AND CHEST STRETCH

Slowly raise arms up and back until you feel a stretch in the front of the shoulders and chest.



## SHOULDER AND UPPER ARM STRETCH

Hold your left arm just above the elbow with the right hand and pull your arm toward your right shoulder as you look over your left shoulder. Repeat for the other side.



## HAMSTRING STRETCH

Sitting in your chair, hold onto your upper left leg just below the knee. Gently pull your bent leg toward your chest. Repeat on the right side.



## QUADRICEP STRETCH

If required, support yourself by holding onto a chair, desk or wall. Slowly pull the ankle up until you feel a stretch in the front of the thigh. Repeat on opposite side.



## UPPER BODY STRETCH

Interlace your fingers, then turn your palms upward and straighten arms above your head. Extend your arms as you feel a stretch through your arms and upper sides of your rib cage.



## SHOULDER AND ARM STRETCH

With your right arm behind your head as shown, use your left hand to gently pull the elbow until you feel a stretch in the shoulder and back of upper arm. Repeat on left side.



## CALF STRETCH

With your hands on the wall, keep one leg forward, bent at the knee. The other leg is straight, behind you. Keeping your back heel on the ground, lean into the wall until you feel a stretch in the calf muscle. Repeat on opposite side.



## HAND AND WRIST STRETCH

With arms outstretched in front of you, make a fist. Release your fingers and fan them out. Stretch them as far as you can (comfortably). Repeat 5-10 times.



## BACK AND HIP STRETCH

Sit with your left leg bent over your right leg and look over your left shoulder. Place your right hand on left thigh and apply gentle pressure toward the right. Repeat on the right side.



## HAND AND WRIST STRETCH

With elbows straight, stretch your left arm out in front with fingers facing down. Use your right hand to gently pull back fingers until you feel a stretch. Hold for 5 seconds. Repeat other side. Repeat with fingers facing up, using your opposite hand to pull the fingers gently back towards you, keeping your arm straight. Hold for 5 seconds. Repeat other side.

