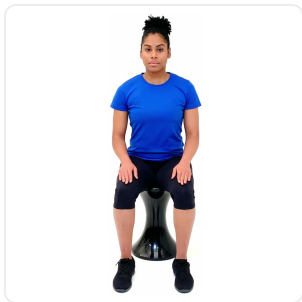
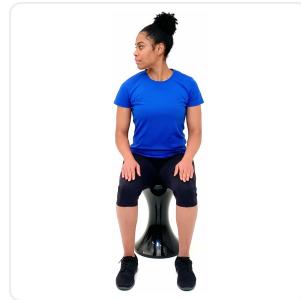
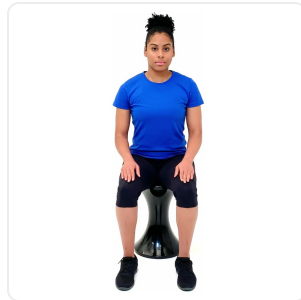
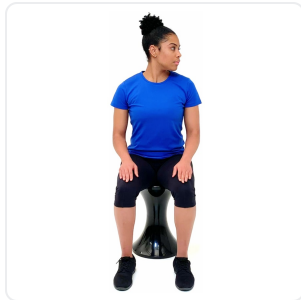
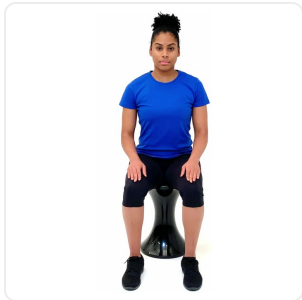


Basic Office Stretches

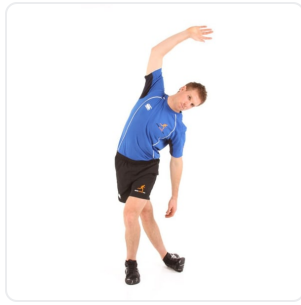
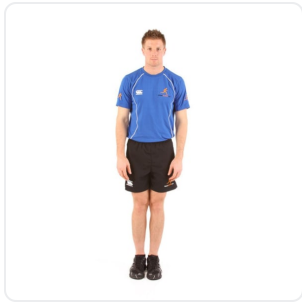
AROM Neck Rotation In Sitting



Description

1. Sit upright and keep the body still look over the left shoulder
2. Return to the starting position and repeat to the opposite side
3. You can provide a light push on the chin with your hand to enhance the stretch

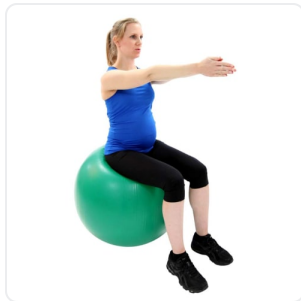
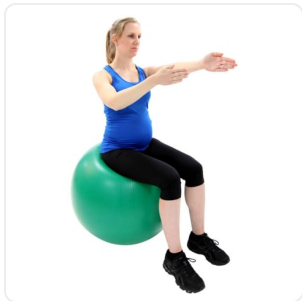
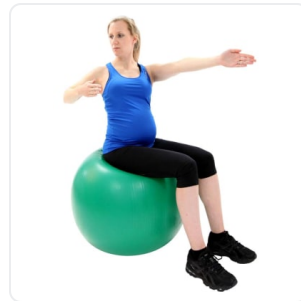
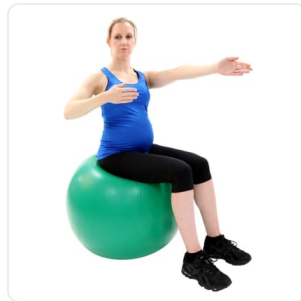
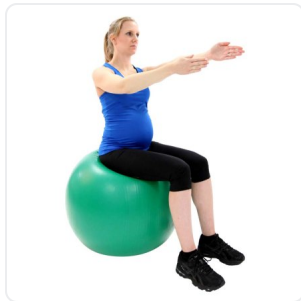
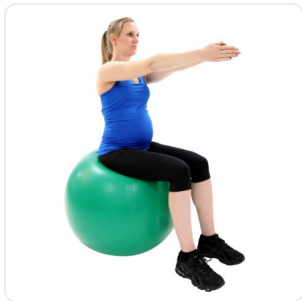
Stretch of Lateral Fascia



Description

1. Step one foot behind the other in standing
2. Reach the same arm over the head and allow the spine to bend
3. Straighten the arm and spine in standing and repeat with the other side

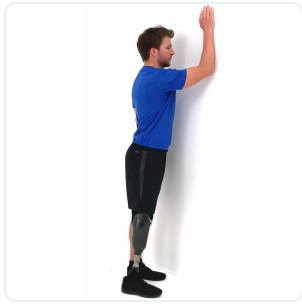
Sitting Balance On Gym Ball With Archer Rotation



Description

1. Sit tall on a gym ball with your knees hip width apart
2. Hold both arms out in front of you, parallel to the floor
3. Slide one hand towards the chest and rotate the spine as if using a bow and arrow
4. Pull your elbow back as far as it will go
5. Hold the position as you continue breathing
6. Return to the start position and repeat on the other side

Pec Stretch For Sternal Attachment



Description

1. Stand with the arm raised to the side and holding onto a wall or door
2. Step forward and turn away from the wall to stretch the chest and front of the shoulder
3. You can do both sides at once by supporting your forearms on a door frame