

# DESK STRETCHES

Relax & Rejuvenate in less than 5 minutes!

CORPORATE touch™  
the chair massage specialists

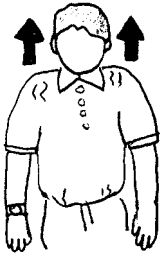
- Feel a gentle stretch each time without pain. Be conservative when first starting this program.
- If you already have pain, or have had recent surgery or a medical condition involving muscles or joints, consult a health practitioner before using this stretch program.
- Breathe fully and slowly while you stretch. This enhances the benefits.
- Avoid bouncing or forcing stretches



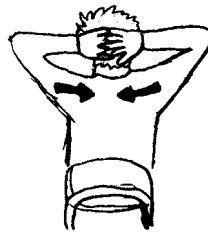
1. Curl fingers at the knuckles to touch the top of palm for 10 seconds. Relax. Repeat.



2. Bend both wrists back while spreading the fingers apart for 10 seconds. Relax. Repeat.



3. Shrug shoulders towards ears to feel a stretch. Roll shoulders back and relax down. Repeat 3 times.



4. Sitting upright, hands interlaced behind head, squeeze shoulder blades together for 5 seconds. Relax. Repeat 3 times.



5. Keeping your nose straight ahead, tip your right ear toward your shoulder until you feel a comfortable stretch and hold 10 seconds. Relax. Repeat, then stretch other side. Stretch less if you have any pain.



6. Keeping chin level, turn your head toward right shoulder until you feel a comfortable stretch and hold 10 seconds. Relax. Repeat, then stretch other side.



7. Slowly roll your head forward to feel a gentle, painless neck stretch. Hold 10 seconds. Relax. Repeat.



8. Draw your chin straight back toward the spine to make a "double-chin" and hold 5 seconds. Do not dip chin downward. You should feel an upward stretch in the neck. Relax. Repeat.



9. Bring right forearm over the left shoulder. Grasp the elbow in palm of left hand and press forearm further over the shoulder. Do not cause pain. Hold 10 seconds. Repeat on other side.



10. Stand. Interlace fingers with palms facing the ceiling. Stretch shoulders upward so that the arms and the spine lengthen. Hold 10 seconds. Relax. Repeat.



11. Stand with feet slightly wider than shoulder-width apart and knees slightly bent. Place left forearm behind head. Grasp left elbow with right hand. Gently pull the elbow toward right side, feeling the whole left side stretch from the waist. Hold 10 seconds. Repeat for other side.

- Set your computer alarm to stretch twice a day plus whenever you feel tense or fatigued.
- Hours of work without a break can cause tension, pain or fatigue. Take a break, walk around, stretch.

- Chair massage and stretching are an ideal combination for improved performance and well-being.

For more information, contact the **Corporate Touch** program manager at your company or call **Corporate Touch** at 800-664-8304 or 805-966-7570.