Try these stretches at your desk:

**Upper Trapezius (Side of Neck)**
Pull your head to one side, taking your ear toward your shoulder, while holding onto the chair with your other hand. Keep both shoulders down and back, and do not let your head move forward.

**Levator (Back of Neck)**
Place one hand on the shoulder blade on the same side, with your elbow as high as possible. Turn your head away from that side. With the other hand, pull your head down and toward the opposite side. Keep both shoulders down.

**Chest**
Place your fingertips above and behind your ears. Pull your elbows back without pushing your head forward, arching your back, or lifting your shoulders. Do not clasp your hands.

**Rhomboid (Mid-Back)**
Sit with your chair angled toward the corner of your desk. Reach across your body to hold the corner of your desk with one hand so that it is in front of your opposite knee. Pull your body backward, rounding your mid-back. Tuck your head down and toward the corner of the desk.

**Hamstring (Back of Thigh)**
Sit on the front edge of the chair with one leg extended and your hands on the opposite knee. Keeping your back straight and your head and chest up, lean forward from the hips. Keep your knee angled toward the ceiling and your foot relaxed. Variations: 1) Flex your foot. 2) Bend your knee.

**Gluteals (Buttocks)**
Sit on the front edge of the chair with one ankle on the opposite knee. Keeping your back straight and your head and chest up, lean forward from the hips. Variations: 1) To make it easier, move the foot on the floor away from you to lower the supporting knee. 2) To increase the stretch, push down on the knee of the leg being stretched. Note: Pull up on your knee if you feel any discomfort in your knee.
Shoulder Circles
Sitting tall, make big circles with your shoulders, moving them up, back, and then down. Emphasize the back and down motions, and do not move them forward.
Do not let your back arch or bend forward.
Do not let your head move forward. Repeat 10 times.

Overhead Presses
Lift both arms so that your elbows are bent and shoulder-high with your hands up toward the ceiling. Keep your elbows as far back and shoulders as far down as they comfortably go, and your neck relaxed.
Exhale as you reach your hands up toward the ceiling until fully extended.
Return slowly back to your starting position, keeping your elbows back and shoulders down.

Stretch Gently
Stretching can help you feel more relaxed, reduce muscle and joint pain, improve your blood flow, and maintain better posture. For best results, follow these tips:
• Try to do gentle movements, such as the exercises described above for five minutes before stretching to warm up.
• Be sure to move into and out of each stretch slowly.
• Go only until you feel the stretch. If the stretch feels more than mild to moderate, you have gone too far and are increasing your risk for injury.
• Be sure to relax.
• Breathe deeply and evenly while stretching; do not hold your breath.

It’s important to move and stretch at your desk and to keep moving throughout the day.