

## Office Stretches\*

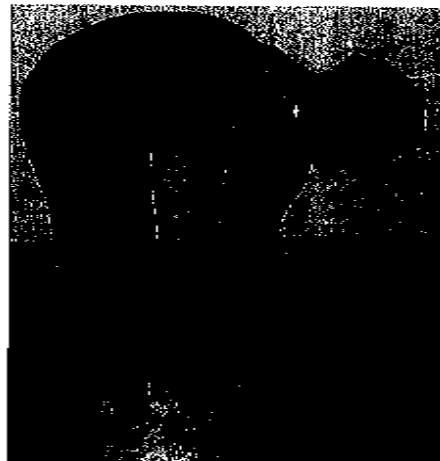
### Shoulder/Neck

- Interlock fingers over head with palms up
- Pull arms back slightly
- Hold 10-15 seconds



### Low Back

- Begin in standing position
- Cross arms in front of chest, and slowly lean forward without locking knees
- Hold 10-15 seconds



### Wrist/Forearm

- Extend arms straight out with fingers up
- Gently bend wrist up
- Hold 10-15 seconds
- Repeat for other side



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\*In no way are these stretches designed to diagnose or treat diseases. Anyone who has had recent surgery should contact a doctor before starting these stretches. If at any time pain is felt, the person should stop and contact a medical professional.