

Stretches for Computer Workstation Comfort

Stretching can help reduce stiffness and discomfort.
Stretch slowly and gently. Hold each stretch for 10-30 seconds.



For a neck stretch, tilt head. Repeat on other side.



Turn your head to one side. Repeat on other side.



Tuck chin straight back. Hold for 30 seconds. Relax.



Place hands behind head, elbows back, squeeze shoulder blades.



Pull arm across body. Repeat with other arm.



Pull leg up to stretch lower back.
Repeat with other leg.



Pull ankle back to stretch thigh.
Repeat with other ankle.



Hand behind head, pull elbow.
Repeat with other arm.

The information provided is for education purposes only and is not a substitute for medical advice, diagnosis, or treatment.
Talk with your doctor or other qualified healthcare professional before beginning an exercise or stretching program.