

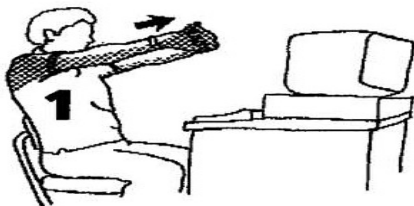
# Quick Stretch - Computer & Desk

© Larry Basch, D.C., CCSP

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**Total Time to Complete: Approximately 4 minutes.**

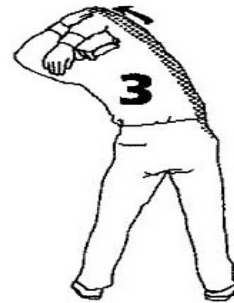
Sitting at a computer for long periods often cause neck, shoulder & back stiffness or pain. This can lead to weakness in the postural paraspinal muscles which support your head, neck and low back. Do these stretches every hour or so throughout the day, or whenever you begin to feel stiff. Breathe, relax and gently hold each stretch as you exhale. The stretch should feel good, some mild discomfort may be felt initially, but should subside after a few seconds. Do not over stretch into pain. If you have moderate or severe pain when stretching or sitting at your desk, consult with the medical, physical therapy or chiropractic staff.



10–20 seconds  
2 times  
(page 90)



10–15 seconds  
(page 46)



8–10 seconds  
each side  
(page 44)



15–20 seconds  
(page 46)



3–5 seconds  
3 times  
(page 46)



10–12 seconds  
each arm  
(page 47)



10 seconds  
(page 89)



10 seconds  
(page 89)



8–10 seconds  
each side  
(page 88)



8–10 seconds  
each side  
(page 60)



10–15 seconds  
2 times  
(page 46)



Shake out hands  
8–10 seconds  
(page 89)

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