

STRETCHES

AT THE DESK

WHILE STRETCHING:

Stretch slowly without bouncing. Be sure to breathe slowly and deeply, allowing the stretch to deepen upon exhalation. Hold each stretch for 10-30 seconds. Release and repeat until you feel an ease in the targeted muscle group. Take time to stretch each day, especially before you exercise. Stretching has a cumulative effect over time, allowing greater flexibility and ease of movement. Enjoy feeling good in your own body!

PLEASE NOTE: These stretches are suggestions only. Please consult your health care provider before beginning any new stretching or exercise routines.

* DARKENED AREAS IN THE DRAWINGS REPRESENT THE MUSCLE GROUPS WHERE THE STRETCH SHOULD BE FELT.



1. While seated in a chair, hold the chair with your left hand to both stabilize your shoulder and keep it down. Look straight ahead and place your right hand on top of your head and gently pull down towards your right shoulder. (Go to Step 2.)



2. Continuing with your left arm stabilized, turn your head 45 degrees to the right and gently push your head towards the back of the shoulder. Lead with the lower jaw. Hold for 10 seconds and breathe. (Go to Step 3.)



3. Maintaining the stabilization, now turn your head 45 degrees to the right. Drop your chin towards your chest, keeping your head at the 45 degree angle. Hold for 10 seconds and breathe. Repeat steps 1-3 on the opposite side.



4. While standing, roll your neck downward and tuck your chin into your chest until you feel a good stretch in the back of your neck. Hold for 20 seconds.

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RECOMMENDATIONS

client name: _____

date: _____

spa partisan: _____

suggestions: _____

notes: _____

SALON™

by milk + honey

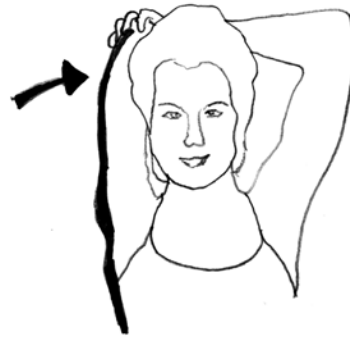
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STRETCHES AT THE DESK, CON'T



5. Interlace your fingers and begin to roll your wrists over each other in wave-like movements. (Pretend you're break dancing!) Repeat 4-5 times in one direction and then switch to the other side.



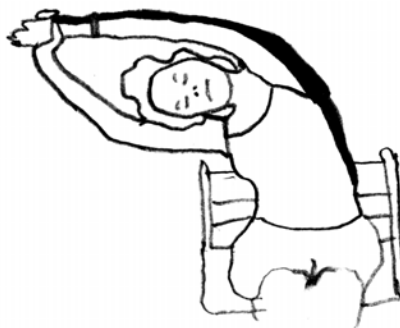
6. Bring your elbow up beside your head, and hold it with the opposite hand. Gently, pull until you feel a slight stretch. Keep the spine straight and centered. Hold for 10 seconds and breathe. Repeat on the opposite side.



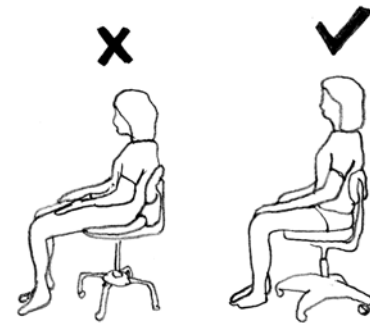
7. Bring your arm across your chest while keeping the shoulder down. Pull the arm in closer to your chest with the opposite hand. Breathe and hold for 10 seconds, repeat on the opposite side.



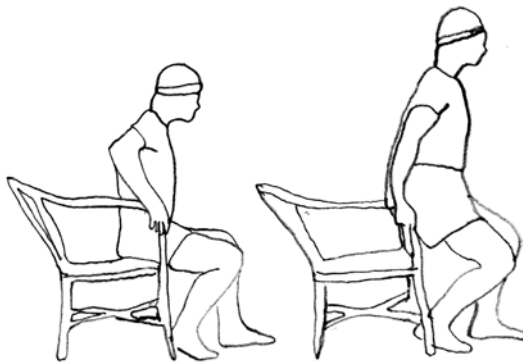
8. Extend your arms out in front of you with your wrists crossed and the backs of your hands pressed together. Reach forward and tuck the chin, keeping the spine stable. Hold for 10 seconds and breathe.



9. Sitting in your chair, lengthen your right arm over your head. Hold the extended arm with your left hand, and pull into a side bend. Maintain light contact with the back of the chair. Hold for 10 seconds and breathe. Repeat on the opposite side.



10. When seated at a desk for long periods of time, it is especially important to sit directly upon your sitting bones, with your shoulders rolled back and down. Straightening your back and engaging your abdominal muscles will help you to avoid unnecessary strain on your back.



11. When lifting yourself out of a chair, put one foot in front of the other. Slide your butt to the edge of the chair and then use your legs and arms to push yourself straight upward.

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