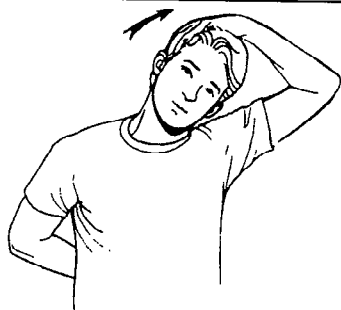


# Desk Stretches for People with Neck or Back Pain

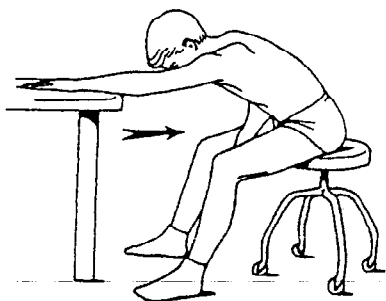
If you suffer from neck or back pain and your work requires you to sit at a desk and/or be in front of a computer for long hours, take a break for a few minutes every two hours and do the following stretches. They will help relieve stress, wake up your neck and back muscles, and make you feel better.



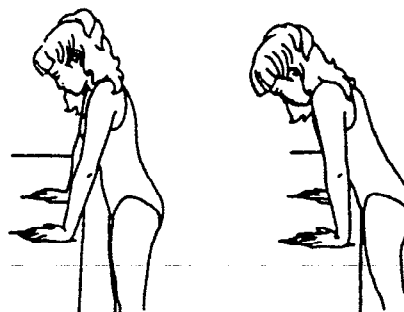
**Side Bending Stretch:** Gently grasp the side of the head while reaching behind the back with your other hand. Tilt head away until a gentle stretch is felt. Hold for 10 seconds. Repeat 3 times on both sides.



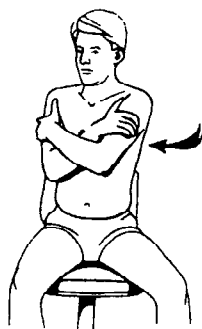
**Chin Tuck:** Sit tall. Pull your chin in as if towards your throat and gently nod your head down. Hold for 10 seconds. Repeat 5 times.



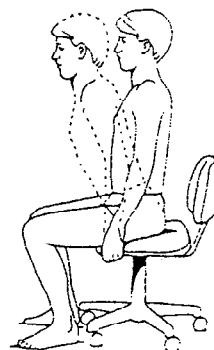
**Seated Cat Stretch:** Inhale, arch your back backwards, and look up towards the ceiling. Exhale, stretch your arms forward on the desk, round your spine and drop your head down. Repeat for 3 breaths.



**Wrist Stretch:** Stand up and place your palms flat on the desk. Lean into your wrists and feel a stretch up the forearms. Hold for 10 seconds. Repeat 5 times.



**Seated Spinal Twist:** Gently rotate your back to one side and then the other. As you twist towards the chair back, hold the chair back with both hands if you are able. Hold for 10 seconds. Repeat 5 times on both sides.



**Firing the Core Muscles:** Sit tall. Lean forward at the hips until you feel your back tense slightly. Now tighten your abdominal muscles (pull your belly button in) and return to the upright position. Repeat 15 times.

