

DESK STRETCHES

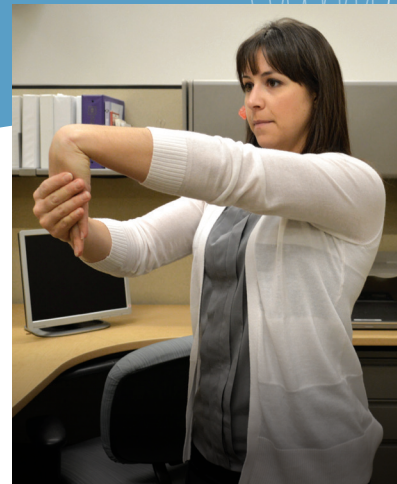
Take a micro break!



Wrist Extension



Wrist Extension*



Wrist Flexion*



Hamstring Stretch*



Shoulders/Latissimus



Trapezius Stretch *

Hold each stretch for 15-30 seconds (3-5 breaths) multiple times per day.

Be sure to stretch both sides for the bilateral stretches*

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