

## 7 Stretches You Can Perform At Your Workplace



### Seated Lumbar Flexion Stretch

-Start sitting in a chair with good posture, then slowly bend forward, placing hands on knees.



### Seated Piriformis Stretch

-While seated in a chair, cross your leg with ankle of one foot on the knee of the other leg.  
-Pull top knee upward toward opposite shoulder until a stretch is felt along the crossed leg.



### Seated Trunk Rotation Stretch

-Start sitting in a chair with good posture, then rotate your torso toward an arm of the chair.  
Repeat on the other side.



### Seated Piriformis and Hip Stretch

-While seated in a chair, cross your leg with ankle of one foot on the knee of the other leg.  
-Gently lean forward until a stretch is felt along the crossed leg.



### Seated Single Knee to Chest Stretch

-Start seated in chair. Reach for your leg, interlocking hands around knee.  
-Pull your knee toward your chest.



### Seated Calf Stretch

-While seated toward the edge of your chair, extend one of your legs straight out in front of you.  
-Loop a towel around the foot of the extended leg and gently pull your foot toward your body until a stretch is felt on the back of the lower leg. Repeat on other leg.



### Seated Hamstring Stretch

-While seated toward the edge of your chair, extend one of your legs straight out in front of you. Keep your knee straight with heel resting on floor.  
-Gently lean forward until a stretch is felt behind your knee/thigh.

***Perform 1-2 times on each leg.  
Hold for 10-20 seconds each.***

***Take a break each hour to stand  
and move your body to prevent  
stiffness and encourage blood  
flow!***