

# Simple Stretches You Can Do At Your Desk To Relieve Tension



Sitting at the office for hours can cause extreme stress on your body. You may start to feel pain in your lower back, shoulder, and even your hands. A one hour yoga class can help relieve your body's tension. However, the class cannot repair damage from sitting for eight hours daily.

Fortunately, there are yoga poses that you can do at your desk to prevent chronic strain on your body. Try these poses at work to maintain a healthier and happier body.

## Seated Crescent Moon Pose

Do you notice that your left or right shoulder is more sore than the other? Usually the shoulder that is more sore is on the side of your dominant hand. The dominant hand usually maneuvers the mouse and performs more actions on the keyboard. Due to the overuse, your shoulder is often lifted, leading to stress.

Seated Crescent Moon Pose can help you avoid discomfort that your shoulder experiences. Lift your arms overhead and stretch your fingers wide. Relax your shoulder blades back and down. Lean to the left and take two to three breaths. Switch sides and repeat.



## **Wrist and Finger Stretches**

Carpal Tunnel Syndrome is a serious problem for many office workers. The syndrome occurs from typing which leads to pressure in the forearm's median nerve. Hand stretches are important to prevent irritating the median nerve.

Wrist and Finger Stretched releases your fingers, wrists, and forearms. Extend one arm overhead or in front of you. Flex your hands. Clasp the fingertips with your other hand and stretch your palm open. Switch sides

Extend both arms in front of you. Make fists and release. Repeat 5-10 times.



## Chair Pigeon Pose

Tight hip flexors can wreak havoc on your body. Walking, sitting on the ground, and bending down can become more difficult. Avoid tight hip flexors with hip openers.

Chair Pigeon Pose is effective for almost every level of flexibility. Sit at your chair with both feet planted on the ground. Cross your right ankle over your left knee to create a 90 degree angle. Keep the foot flexed. Maintain equal weight between your hips. To get a little more stretch you can lean forward in your chair. Switch sides.



## Chair Twist

Tight backs lead to a decreased range of motion. A Chair Twist can loosen and realign your back. Your spine can become more mobile to do the things you love outside of the workplace.

Sit at your chair with your feet planted. Turn to your right, using the arm rest or back of the chair to deepen the twist. Hold for three to five breaths. Switch sides.



## Ankle Rolls

We often think of the pressure that sitting has on our upper body but our lower

bodies also experience stress. When you sit at a desk, your feet are often remaining in a flexed position for hours.

Many women also wear heels which deepens the damage to the tendons of your feet. If you wear heels to work, switch to flats! Great fashion is not as important as maintaining a healthy body.

Ankle Rolls are a subtle stretch that can be done at your desk. Outstretch your right leg. Point and flex your foot. Roll your ankle in both the flexed and pointed position. Switch legs.



## **Shoulder Rolls**

Sitting at a desk can also cause tension in your neck. A tight neck can create excruciating pain in the upper back. Use shoulder rolls to improve posture and release throat tension.

To perform shoulder rolls, sit on the edge of your chair without your back touching the back rest. Plant your feet hip width apart on the floor. Lift your left shoulder to your ear. Slowly roll your shoulder around and back. Switch sides.



## **Open Chest Stretch**

Opening your chest is not only great for your posture but can also provide you with a burst of energy. The pose opens the chest, decreasing rounded shoulders.

Sit near the edge of your chair and interlace your fingers behind your back. Lean forward slightly, lifting your arms so you feel the stretch in your chest. Hold for 10 to 15 breaths. Release and repeat three to five times.



Set aside a few minutes every two to three hours for yoga poses. Your body will thank you and you can move throughout the day more stress-free!