Computer and Desk Stretches

1. Arm stretch: 10-20 seconds, 2 times
2. Shoulder stretch: 10-15 seconds
3. Neck stretch: 8-10 seconds each side
4. Back stretch: 15-20 seconds
5. Chest stretch: 3.5-5 seconds, 3 times
6. Elbow stretch: 10-12 seconds each arm
7. Forearm stretch: 10 seconds
8. Wrist stretch: 10 seconds
9. Leg stretch: 8-10 seconds each side
10. Hip stretch: 8-10 seconds each side
11. Thigh stretch: 10-15 seconds, 2 times
12. Foot stretch: Shake out hands 8-10 seconds


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