# Ontario Chiropractic Association

STRETCHES

Quick and Easy Stretches To Keep You Moving Throughout Your Day

It is important to stretch frequently throughout the day to increase circulation, decrease aches and pains and ensure we are maintaining good posture. Below are some tips and a few easy step-by-step stretches that you can complete throughout your day:

Head and Neck Posture:

While working, try to sit and stand with your spine tall and your shoulders back and down, as much as possible. Your head should be moved slightly backwards, so that your ears are in line with your shoulders and your chin is parallel to the ground.
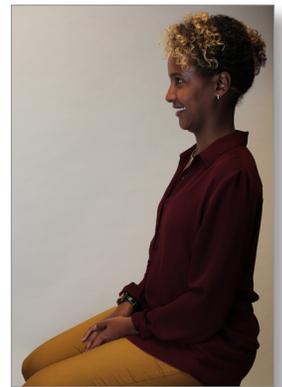
Back of Head and Neck Stretch:

While sitting in the optimal posture (see head and neck posture), interlace the fingers of your hands and place them on the back of your head. Gently push your head back into your hands, and your hands into your head. You should feel a gentle stretch at the back of the neck and at the base of the head. Hold for 30 seconds and repeat 3-4 times throughout the day.

Front of Body and Chest Stretch:

While sitting or standing, place your hands on either side of your spine, right at the base of your low back where your back meets your pelvis. Roll the shoulders back and down and lift the heart up towards the ceiling to feel a gentle opening along the front of the body. Gaze up slightly towards the ceiling while keeping the chin tucked. Continue breathing during this stretch. Hold for 30 seconds and repeat 3-4 times throughout the day.
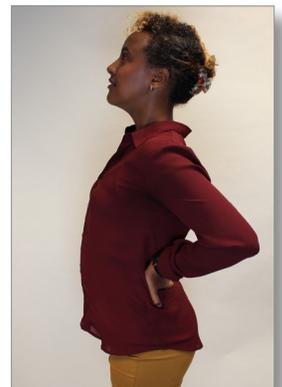
Breathing:

Many of us breathe from our chest or upper body, rather than letting the belly expand. Letting the belly expand allows a full range of cleansing breath to enter the body and helps the body relax. Check in frequently with your breathe while you are working and ensure that you are breathing by expanding your belly and mid to lower ribs in every direction (forward and backward and side to side). Extend the length of your inhales and exhales to up to 4 counts or more.

Content provided by
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