



TRIMBOLI CHIROPRACTIC

OFFICE WORKER STRETCH CHEAT SHEET

Simple mobility breaks for desk-heavy days

Desk Reset: Move gently, keep breathing, and stop if a stretch causes sharp pain, numbness, or tingling.

1 | SEATED FIGURE-4 HIP STRETCH

While seated, bring one leg up and over the opposite knee. Keep your back straight and rotate toward your foot. Gently lean forward while maintaining a straight back until you feel a stretch through the hip.

HOLD 30 SECONDS • 2-3 TIMES PER DAY • EACH SIDE



2 | UPPER TRAP / NECK STRETCH

This stretch can be done seated or standing. Place the arm on the side you want to stretch behind your back. With your opposite hand, gently guide your head **away** from the side being stretched.

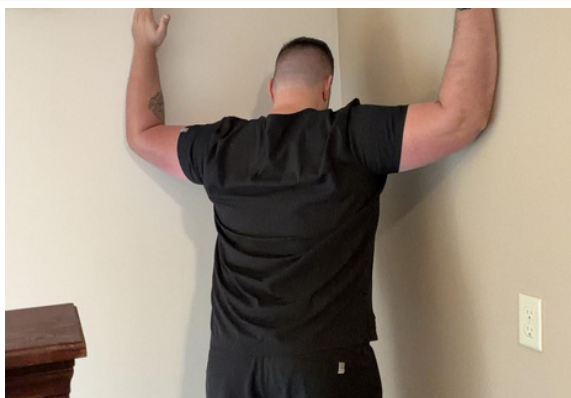
HOLD 30 SECONDS • 2-3 TIMES PER DAY • EACH SIDE



3 | SHOULDER BLADE MOBILITY

Start with your arms out in front of you and push your hands forward to spread your shoulder blades apart. Then bring your arms back while squeezing your shoulder blades together.

10 REPS • 3 TIMES PER DAY



4 | CORNER CHEST STRETCH

Use the corner of a wall or a door frame. Bring your arms to shoulder level and bend your elbows to 90 degrees. Place your forearms/elbows against the wall and slowly lean forward until you feel a stretch across the chest.

HOLD 30 SECONDS • 3 TIMES PER DAY