

**\*The following exercises should not be performed if they cause pain or cannot be done with ease.**

Examples of stress-relieving exercises that can be done at your desk include the following:

### **Head and Neck Stretch**

- Slowly turn your head to the left, and hold it for three seconds.
- Slowly turn your head to the right, and hold it for three seconds.
- Repeat these steps five to ten times.

### **Shoulder Roll**

- Roll your shoulders forward and then backward using a circular motion.

### **Overhead stretch**

- Raise both hands straight up over your head. With one hand, grasp the wrist of the opposite hand and gently pull to one side. Hold stretch for 15 seconds. Repeat on the other side.

### **Upper Back Stretch**

- Grasp one arm below the elbow and pull gently towards the other shoulder.
- Hold this position for five seconds and then repeat with the other arm.

### **Wrist Wave**

- With your arms extended in front of you, raise and lower your hands several times.

### **Finger Stretch**

- Make fists with your hands and hold tight for one second, and then spread your fingers wide for five seconds.

### **Legs/Feet & Hamstring**

- To stretch your hamstrings (upper back of the leg) while seated, sit back in a chair with the lower back supported. Place your hands under the right knee area and slowly lift up the leg with knee bent toward the chest. Repeat with the left leg.

### **Lower leg & ankle**

- While seated, first extend or point the right toes and foot straight ahead. Hold the stretch (you may place the upper most toe area on the floor for support). Then, place the back of the right heel on the floor and pull toes and upper foot toward the front of the lower leg and hold for a calf stretch. Repeat with the left lower leg and foot area.
- Extend out your right leg, point toes upwards, then downwards. Do circles with foot clockwise, then counter-clockwise. Repeat with left leg.
- Start with both heels on the floor and point feet upward as high as you can. Then put both feet flat on the floor. Then lift heels high, keeping the balls of your feet on the floor. Continue cycle in 30-second intervals.
- Lift feet off the floor; draw a circle with the toes, simultaneously moving one foot clockwise and the other foot counterclockwise. Reverse circles. Do each direction for 15 seconds. Repeat if desired.

### **Quadriceps**

- Sit up straight in a chair that properly supports the lower back while maintaining good posture with your feet flat on the floor. Extend the right lower leg out and up until your right leg is straight; hold for 2-3 seconds while contracting the quadriceps muscle (front of thigh muscle). Then, relax the quadriceps muscle and slowly lower the leg to the floor. Repeat with the left leg.

**Did you know that UTSA provides a FREE Wellness Program for ALL Faculty & Staff?**

**For more information on exercise & stretching contact the UTSA Wellness Coordinator at 6102 or [wellness@utsa.edu](mailto:wellness@utsa.edu)**