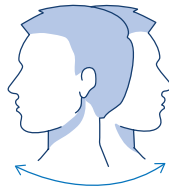


INTRO

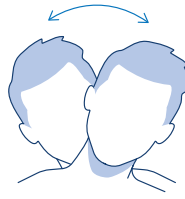
Taking regular breaks to stretch throughout the day can help prevent work-related pain and injuries.

Get more in-depth resources to help you practice at your best at [ADA.org/wellness](https://ada.org/wellness).

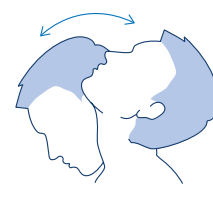
NECK



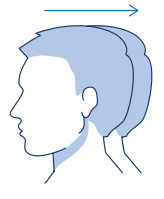
Neck Rotation



Neck Side Bends

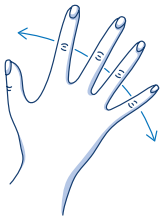


Neck Extensions

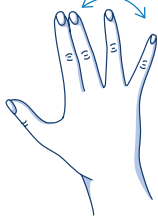


Neck Retraction

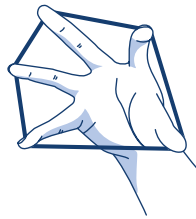
HAND / WRIST



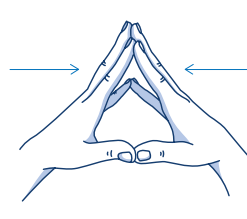
Finger Spreader



Finger Wiggle



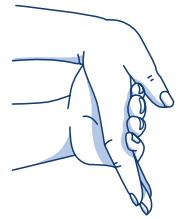
The Rubberband



Finger Prayer Stretch



Wrist Flex



Wrist Extension

TORSO



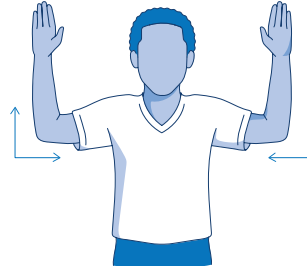
Touchdowns



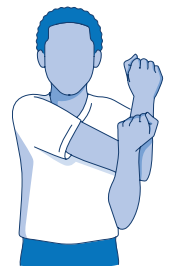
Side Bend Stretch



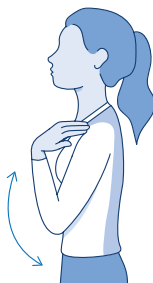
Behind Head Chest Stretch



Chest Stretch



Shoulder Stretch



Elbow Flex/Extensions



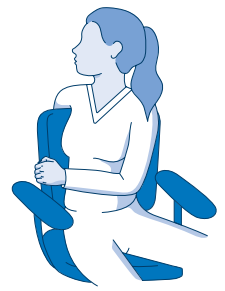
Low Back Standing Stretch



Low Back Stretch



Upper Back Stretch

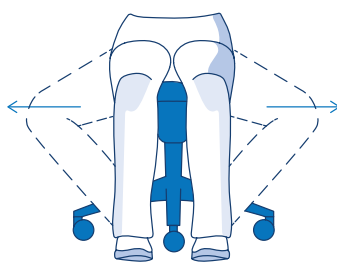


Trunk Twist/Rotation

HIP



Hip Marching



Hip Spreaders



Hip Twist



Knee Flex/Extensions



Ankle Circles

KNEE / ANKLE