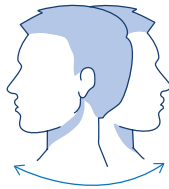


## INTRO

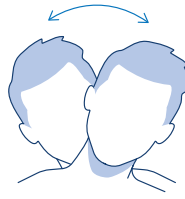
Taking regular breaks to stretch throughout the day can help prevent work-related pain and injuries.

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

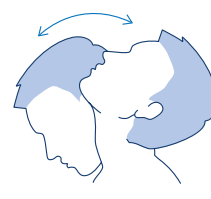
## NECK



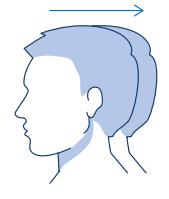
Neck Rotation



Neck Side Bends

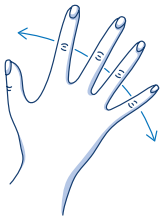


Neck Extensions

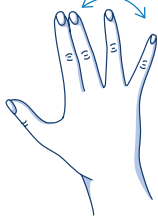


Neck Retraction

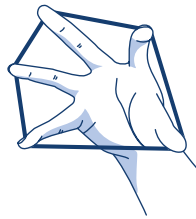
## HAND / WRIST



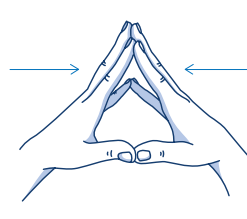
Finger Spreader



Finger Wiggle



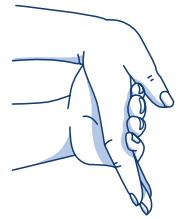
The Rubberband



Finger Prayer Stretch



Wrist Flex



Wrist Extension

## TORSO



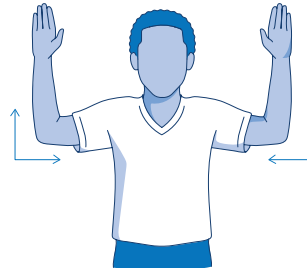
Touchdowns



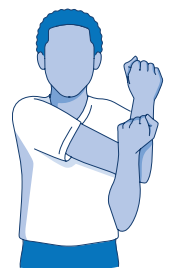
Side Bend Stretch



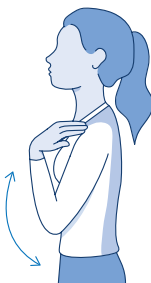
Behind Head Chest Stretch



Chest Stretch



Shoulder Stretch



Elbow Flex/Extensions



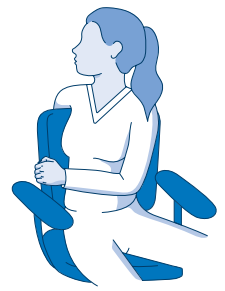
Low Back Standing Stretch



Low Back Stretch



Upper Back Stretch

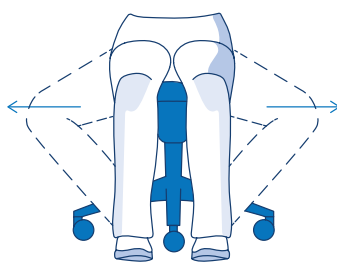


Trunk Twist/Rotation

## HIP



Hip Marching



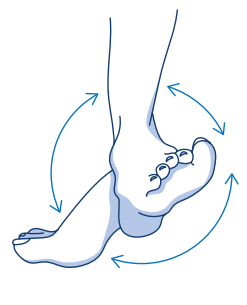
Hip Spreaders



Hip Twist



Knee Flex/Extensions



Ankle Circles

## KNEE / ANKLE