

Desk Stiffness Reset

Gentle Movements for Neck, Shoulders, Back & Hips

Spending long periods sitting at a desk can lead to stiffness, tight muscles, poor posture, and reduced mobility. This simple routine is designed to help you reset your body with gentle movements you can do throughout the day.

1. Neck Release

How to Do It

- Sit or stand comfortably
- Slowly tilt your head toward one shoulder
- Hold gently without forcing the stretch
- Repeat on both sides

Suggested Time

20–30 seconds per side

2. Shoulder Rolls

How to Do It

- Sit upright with relaxed arms
- Roll your shoulders slowly backward
- Repeat with smooth controlled movement
- Reverse direction after several repetitions

Suggested Repetitions

10 forward • 10 backward

3. Seated Spine Twist

How to Do It

- Sit tall in a chair
- Place one hand on the opposite knee
- Gently rotate your upper body

- Keep the movement slow and comfortable

Suggested Time

15–20 seconds per side

4. Wrist & Forearm Stretch

How to Do It

- Extend one arm forward
- Gently pull the fingers downward with the opposite hand
- Reverse the stretch by pulling fingers upward
- Repeat on both sides

Suggested Time

15–20 seconds each direction

5. Seated Hip Opener

How to Do It

- Sit tall near the edge of a chair
- Place one ankle over the opposite knee
- Keep your back straight
- Lean slightly forward if comfortable

Suggested Time

20–30 seconds per side

6. Ankle & Lower Leg Movement

How to Do It

- Lift one foot slightly off the floor
- Rotate the ankle slowly in circles
- Switch directions and repeat
- Repeat on the opposite foot

Suggested Repetitions

10 circles each direction

Simple Tips for Reducing Desk Stiffness

- Stand up and move every 30–60 minutes
 - Keep your shoulders relaxed while working
 - Avoid leaning forward toward the screen
 - Keep both feet supported while seated
 - Gentle movement throughout the day matters more than intensity
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