Stretch Breaks & At Home Care While Studying for Finals

**FEET**

- **Calf Stretch Against Wall**
  - Place hands on a wall and place the ball of one foot lightly on a wall while keeping the heel on the floor. Slowly lean into the wall until you feel a stretch through your calf and hold for 10 seconds. Repeat stretch on the opposite leg.

- **Toe Crunches and Splaying**
  - Crunch: Sitting or Standing. With your knees bent and your feet flat on the floor, push your toes towards your heels and hold for 5 seconds. Repeat 3 times.
  - Splaying: Sitting or Standing. With your feet on the floor, push your toes apart and hold for 5 seconds. Repeat 3 times.

- **Ankle Circles**
  - Seated or Standing. Lift one foot off the floor. Circle your ankle in a clockwise or counterclockwise direction. Do 10 circles in both directions and repeat 3 times. Complete both sides.

**FOREARMS/WRISTS**

- **Plate Stretch**
  - Place palms together with fingers pointing up and down the wrists, downward until a light stretch is felt. Keep elbows down and relaxed. Reverse the positions with fingers pointed down, pressing the palms together. Hold each position for 10 seconds and repeat as needed.

- **Flexion/Extension with Added Hand Rotation**
  - Flexion: Hold one arm out in front of you with fingers up and pull fingers towards your body with your other hand. Next, rotate and hold your wrist slightly to one side (right or left) for 5 seconds and then repeat in the opposite direction. Repeat this flexion stretch for both arms.

- **Upright/Palm Extension/Rotation Hold**
  - Extend your arm out in front of you with fingers extended and palm towards your body. Next, rotate and hold your wrist slightly to one side (right or left) for 5 seconds and then repeat in the opposite direction. Repeat this extension stretch for both arms.

**BACK**

- **Back Extension Hold**
  - Stand, place your hands on your hips and slowly lean back pushing forward at the hips. Do not bend at the knee. Hold for 10 seconds and repeat as needed.

- **Lateral Leans**
  - Stand, place your hands on your hips and slowly lean your torso to one side (right or left) until a stretch is felt through the opposite side of the torso and back. Hold for 10 seconds. Repeat on the opposite side.

- **Squat Stretches**
  - Standing or seated, place one hand on the opposite hip (or right hand on left hip). Begin to reach further behind you (lifting your heel against your butt) as you bend your upper back forward. Hold for 5 seconds at a time repeat a total of 2-5 times on both sides of the body.

**HIPS**

- **Stand**
  - Stand. Support yourself with one hand on a chair or desk. Grab one foot/ankle and gently pull it towards your pelvis. Be sure your legs are parallel to one another. Hold for 10 seconds and repeat 3 times. Complete both sides.

- **Quad Stretches**
  - Stand. Support yourself with one hand on a chair or desk. Grab one foot/ankle and gently pull it towards your pelvis. Be sure your legs are parallel to one another. Hold for 10 seconds and repeat 3 times. Complete both sides.
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**EYES**

Remember to blink. Blinking exercises the eyes.

For every 20 minutes of work, take a break for a minimum of 20 seconds to step away from the distance at something other than a screen 20 feet away.

Re-wetting drops are another option to assist with maintaining the eyes.

**SHOULDER**

SHOULDER STRETCH

While standing or sitting, place your hand behind your head and gently pull your head back and hold for 5 seconds. Repeat on both sides and hold for 5 seconds.

LATERAL FLEXION

While standing or sitting, turn your head to the side and hold for 5 seconds. Repeat on both sides and hold for 5 seconds.

ROTATION

While standing or sitting, turn your head to look in one direction (right or left) and hold for 5 seconds. Repeat, turning your head in the opposite direction. Complete in both directions as needed.

**NECK**

FLEXION/EXTENSION

While seated or standing, turn your chin to your chest and hold for 5 seconds. Repeat on both sides and hold for 5 seconds.

LATERAL FLEXION

While seated or standing, turn your head to the side and hold for 5 seconds. Repeat on both sides and hold for 5 seconds.

ROTATION

While seated or standing, turn your head to look in one direction (right or left) and hold for 5 seconds. Repeat, turning your head in the opposite direction. Complete in both directions as needed.

**KNEES**

SEATED LEG STRETCH

While seated, extend your legs out in front of you and reach for your toes, making a stretch through the hamstring. Hold for 10 seconds and repeat as needed.

QUAD STRETCH

Sit down. Support yourself with one hand on a chair or desk. Grab your foot, sit back, and gently pull it towards your glutes. Be sure your legs are parallel to one another. Hold for 10 seconds and repeat on both sides.

CALF STRETCH AGAINST WALL

Place hands on a wall and place the ball of one foot (right or left) on the wall while keeping the heel on the floor. Slowly lean into the wall until you feel a stretch through your calf and hold for 10 seconds. Repeat stretch on the opposite leg.