OR-Stretch - Seated

1. Sit tall. Inhale and exhale.
2. Shrug shoulders, then back and down.
4. Face ceiling; inhale and exhale. Tuck chin to chest; inhale and exhale.
5. Flip hands and repeat push away.
6. Tuck left foot behind; turn head left. Follow with shoulders; foot down and side bend right.
7. Tuck right foot behind; turn head right. Follow with shoulders; foot down and side bend left.
8. Inhale, arch low back, and exhale.
9. Inhale/exhale and crunch abdominals.
10. Inhale and exhale.

OR-Stretch information
OR-Stretch web-app can be found at: ORStretch.mayoclinic.org
Log in using the surgeon’s email, no password needed
More detailed (and slower) instructions for the stretches can be found at: https://youtu.be/Ja05TtNgpLg