

Practice Wellness



Therapeutic Massage

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Presentations

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Ahhh – On the Job Stretching

Just one hour more and I'll have this project done, just barely on time. But my neck aches, my back is screaming, my hands are numb, and my head hurts!

Sound familiar? Taking 10 minutes to do the OTJ stretching routine we will learn in this workshop will allow you to finish the project on time and relieve pain. No more struggling to endure after you learn this save-your-life sequence.

Together we will learn and practice a 10 minute stretching protocol. Each exercise segment is discussed and taught in a comfortable and fun manner mostly while sitting at your desk. The sequence is easy to follow and remember, especially with the detailed handout.