











# OR-Stretch - Seated

<p>1</p>  <p>Sit tall. Inhale and exhale.</p>	<p>2</p>  <p>Shrug shoulders, then back and down.</p>	<p>3</p>  <p>Push hands away following with shoulders. Pinch blades together</p>	<p>4</p>  <p>Face ceiling; inhale and exhale. Tuck chin to chest; inhale and exhale.</p>	<p>5</p>  <p>Flip hands and repeat push away.</p>
<p>6</p>  <p>Tuck left foot behind; turn head left. Follow with shoulders; foot down and side bend right.</p>	<p>7</p>  <p>Tuck right foot behind; turn head right. Follow with shoulders; foot down and side bend left.</p>	<p>8</p>  <p>Inhale, arch low back, and exhale.</p>	<p>9</p>  <p>Inhale/exhale and crunch abdominals.</p>	<p>10</p>  <p>Inhale and exhale.</p>

## OR-Stretch information

OR-Stretch web-app can be found at: [ORStretch.mayoclinic.org](https://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>