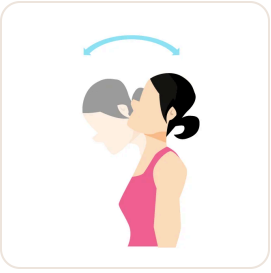
Stretch Minute stretchminute.com

6 stretches for dentists and hygienists, between patients

About 5 minutes | 6 stretches | Standing | uses a wall

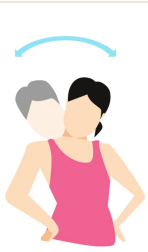
When: Between patients, at lunch, or at the end of a clinic day. Move slowly into each stretch and breathe; a gentle stretch is enough.



1. Chin to Chest

25 s

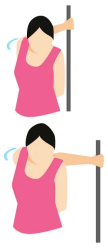
Sit or stand tall. Place a hand behind your head and gently guide your chin toward your chest.



2. Ear to Shoulder

20 s each side

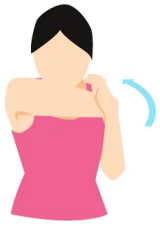
Let one ear drop toward your shoulder. Keep both shoulders down and relaxed.



3. Chest Stretch

20 s each side

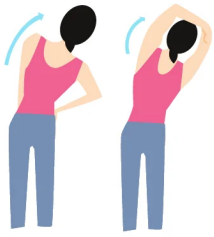
Place one hand on a wall at shoulder height. Slowly turn your body away until your chest opens.



4. Cross-Body Shoulder Stretch

20 s each side

Bring one arm across your chest. Use the other hand to press it gently toward you.



5. Standing Side Bend

20 s each side

Feet hip-width apart. Raise one arm and bend gently to the opposite side without leaning forward.



6. Wrist and Forearm Stretch

20 s each side

Straighten one arm in front of you. With the other hand, gently bend the wrist back.

Days done

	M	T	W	T	F	S	S
Week 1							
Week 2							

Do it guided, free

Scan to open “Dentists & Hygienists” in the Stretch Minute app, with a timer and voice guidance.

stretchminute.com/r/dentists

Stretch gently and stop if anything hurts. Stretch Minute is not medical advice. If you are injured, pregnant or have a medical condition, check with a doctor first.

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