



Office stretches

Long periods of sitting at a desk or computer can cause muscular tension and pain. Getting into the habit of carrying out a few stretches can make your whole body feel better. Stretches should be done slowly without bouncing and you should hold the stretches for 10–20 seconds. They should feel comfortable and if they are painful then ease off the stretch a little.



©Physiotools

Support your elbow on a table with your wrist straight and your fingers pointing towards the ceiling.

Make a fist (thumb over fingers). Straighten your fingers and bring them apart.

Repeat _____ - _____ times.



©Physiotools

Sit on a chair. Place your hands behind your back on the chair.

Tighten the muscles between your shoulder blades and push your chest forward. Press your hands against the chair.

Hold _____ - _____ seconds.

Repeat _____ - _____ times.



©Physiotools

Sit or stand. Forearms horizontally in front of you and palms together.

Push palms together for 5 secs. Relax.

Repeat _____ - _____ times.



Clasp hands by interlocking fingers and lift arms horizontally in front of you.
Alternately turn palms inwards and outwards.

Repeat _____ - _____ times.

©Physiotoools



Sitting.

Turn your head to one side until you feel a stretch. Hold approx. _____ - _____ secs. Repeat to other side.

Repeat _____ - _____ times.

©Physiotoools



Sitting.

Tilt your head toward one shoulder until you feel the stretch on the opposite side. Using your hand gently pull your head further to the side. Hold approx. _____ - _____ secs. Repeat to other side.

Repeat _____ - _____ times.

©Physiotoools



Sit on a chair and clasp your arms on your chest.

Push your shoulder down while rotating the upper trunk in the opposite direction. During the exercise straighten your upper trunk fully and let your eyes follow the movement. Breathe in during the exercise.

Repeat _____ - _____ times.

©Physiotoools



Sit and lift one arm.

Bend to the side with your arm reaching over your head. Breathe in, then breathe out and return to the starting position.

Repeat _____ - _____ times.

©Physiotoools



Stand and complete a short walk every 1-2 hours