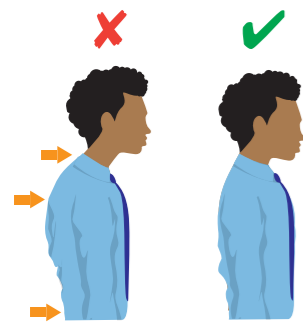


# Office Stretching Exercises



## POSTURE

Good posture positions your head over your shoulders and optimises the spinal curvature. Begin by correcting your low back so that it is not slouched, lift the chest and slightly tuck the chin in.

Try to maintain this posture whilst performing the following stretches, and throughout your day.

Check yourself using a mirror or have a colleague take a side profile photo.



## STANDING SCAPULAR RETRACTION

Raise arms to the side and bend elbows at 90 degrees. Next, move your elbows back and down as you squeeze your shoulder blades together and slightly downward.

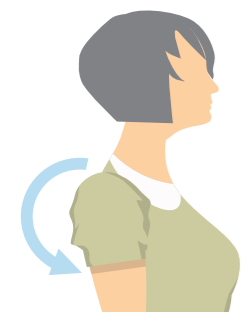
Hold for 3 seconds, repeat 10 times.



## HIP STRETCH

While sitting in a chair, cross one leg on top of the other as shown. Sit tall and gently lean your torso forward over the crossed leg.

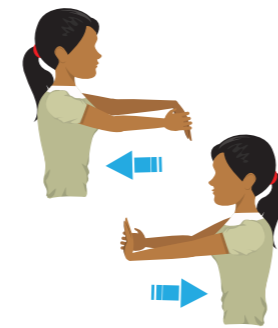
Hold for 30 seconds.



## SHOULDER ROLLS

Move your shoulders in a circular pattern in both a forward and backward direction.

Repeat 10 times.



## WRIST FLEXION & EXTENSION

Keeping your elbow straight, bend your wrist so your fingers point down. Use your other hand to gently apply pressure by pulling the hand toward you.

Still keeping your elbow straight, bend your wrist so your fingers now point up (like a 'stop' position). Use your other hand to gently apply pressure by pulling the hand back toward you.

Hold each stretch for 30 seconds.



## GLUTE STRETCH

While sitting in a chair, cross one leg on top of the other as shown. Pull the top knee up and towards your midline, holding it in place with your arms.

Hold for 30 seconds.



## NECK STRETCH #1

Adopt the posture described above. Next, tilt your head towards one side. Gently place (do not pull) one hand on your head to enhance the stretch.

Hold for 30 seconds.



## SIDE STRETCH

In a standing position, cross the right leg behind your left leg. Next, stretch your right arm over head and lean toward your left side.

Hold for 10 seconds, repeat twice on each side.



## QUADRICEPS STRETCH

Holding onto a secure object. Pull heel toward buttock, keep knees close and thighs parallel.

Optional: if unable to take hold of your foot, rest your shin and foot on the seat of your chair behind you. Stand tall, then bend the standing leg to lower your body slightly down. Always hold a secure support.

Hold for 30 seconds.



## NECK STRETCH #2

Adopt the posture described above. Grab the seat of your chair with one hand, turn your head to the opposite side, then tilt your head down toward your armpit. Gently place (do not pull) one hand on your head to enhance the stretch.

Hold for 30 seconds.



## HIP FLEXOR STRETCH

Kneel down on one knee, tilt your pelvis by 'tucking your tail' to flatten your back, shift your weight forward.

Optional: Perform this stretch while standing. Take a large step forward, tilt pelvis by 'tucking your tail', shift your weight forward.

Hold for 30 seconds.



## LOWER BACK / HAMSTRING STRETCH

Stand behind a chair or desk, holding onto the object with both hands. Next, bend at the hips and lean your torso forward, keeping your back straight. Your legs may be straight or slightly bent at the knee, whichever is most comfortable.

Hold for 10 seconds, repeat twice.



## CHEST STRETCH

Stand flush with a wall or in a doorway. Place your forearm up on the wall, elbow at shoulder height.

Next, take a small step forward with one leg and turn your body slightly away from the arm.

Hold for 30 seconds.



## CALF STRETCH

Stand in front of a wall, step one foot forward and point both feet toward the wall. Shift your weight onto the front leg and lean into the wall, keep your back heel on the ground.

Hold for 30 seconds.

## PRECAUTIONS AND RECOMMENDATIONS

- Stretching should never be painful. Move gently into and out of the stretch.
- Repeat stretches on each side of the body
- If a stretch causes discomfort, slowly ease off the stretch. If discomfort persists, cease stretch.
- If a stretch causes pain, it is recommended you seek medical attention.
- Some of the above stretches may not be suitable for Staff with pre-existing injuries. If injured, consult your treating health practitioner for a suitable stretching program.