

# STRETCHING EXERCISES

Try these stretches and gentle exercises at your desk to help you move more and ease the strain.



## NECK ROTATIONS

Keep your head upright. Gently turn your head from side to side. As you turn your head, try to move it past your shoulder.

**Hold for 5 seconds, then relax. Repeat 2-3 times on each side.**



## LOWER BACK ROTATIONS

While seated, cross your arms over your chest. Grab your shoulders. Rotate your upper body from the waist, turning gently from left to right as far as you can.

**Hold for 5 seconds, then relax. Repeat 2-3 times.**



## ANKLE STRETCH

Lift your ankle clear of the floor. Alternately flex and extend your ankle in a pumping action.

**Repeat 10 times with each ankle.**



## TORSO STRETCH

Lace your fingers together in front of you, with your palms out. Take a deep breath and stretch your arms up as high as you can. As you exhale, open your arms, sweeping them back down.

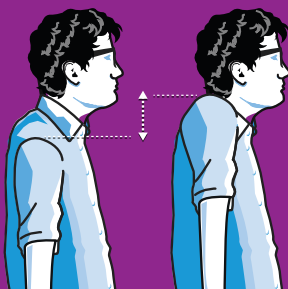
**Repeat 2-3 times.**



## LOWER BACK STRETCH

Sit straight with your feet together. Put the palms of your hands into the small of your back. Lean back over your hands, feeling your lower back stretch out.

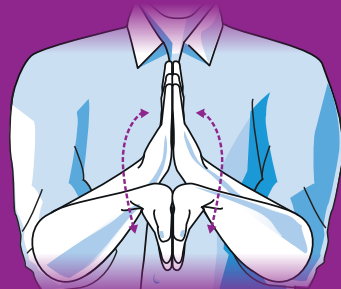
**Hold for 10 seconds. Repeat 2-3 times.**



## SHOULDER SHRUGS

Raise both shoulders up toward your ears, squeezing them as hard as you can.

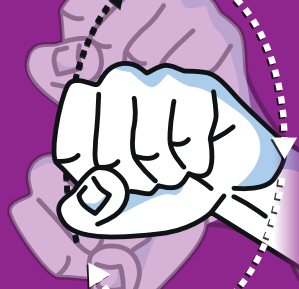
**Hold for 5 seconds, then relax. Repeat 5 times.**



## FOREARM STRETCH

Sit with your elbows out and palms together. Slowly rotate your palms down until you feel the stretch.

**Hold for 5 seconds. Repeat 2-3 times.**



## WRIST CIRCLES

Make circles with your hands in a clockwise direction.

**Repeat 10 times and then reverse the movement.**



## EYE BREAKS

Every 20 minutes look at something that is 20 feet away from you for 20 seconds.

If you have any musculoskeletal pain or injury, see your GP or physiotherapist for advice and support before doing these exercises/stretchers.