Commercial Team Exercise Snacks

These exercises will help you loosen up your body after sitting in the car for long periods

1: Hip Flexor Stretch

Stand with one leg behind the other, tuck your hips under by squeezing your glutes and push the hip forward. Hold for 15 seconds and repeat 3 times each side.

2: Shoulder rolls

Roll your shoulders forwards 10 times and reverse 10 times.

3: Neck Stretch

Bring your ears to your shoulder, place one hand on the top of your head and apply some pressure to deepen the stretch in your neck muscles. Hold for 20 seconds each side and repeat 3 times.

4: Glute stretch (standing)

Hold onto a steady surface. Cross one leg over the other to create a figure 4 shape. Sit back into it and hold the stretch for 30 seconds each side.

5: Standing Overhead Stretch

In standing, interlace your fingers and lift your arms up towards the ceiling, then bend your trunk sideways and hold for 15 seconds each side. Repeat 3 times.

GUIDELINES

- Gently ease into each exercise and perform in a smooth controlled fashion.
- Aim to perform these exercises after being in a sustained posture in the car for over 2 hours.

PRECAUTION

- These exercises should not cause any discomfort or exacerbate any current existing symptoms.
- Cease the exercise and consult your onsite physiotherapist or manager if exacerbation occurs.