OFFICE STRETCH EXERCISES

These exercises help reverse the effect of sustained computer postures and sedentary work.

1: CEO STRETCH OVER BACK OF CHAIR

2: SEATED ROTATION

3: WRIST FLEXION / EXTENSION STRETCH

4: STANDING OVERHEAD STRETCH

5: STANDING LUNGE STRETCH

6: PEC STRETCH ON WALL

7: HAMSTRING STRETCH (ALTERNATE)

GUIDELINES

- Gently ease into each exercise and perform in a smooth controlled fashion.
- Perform these exercises regularly throughout your day
- Remember your ‘next posture is your best posture’ so change positions frequently

PRECAUTION

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

CONTACT DETAILS

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