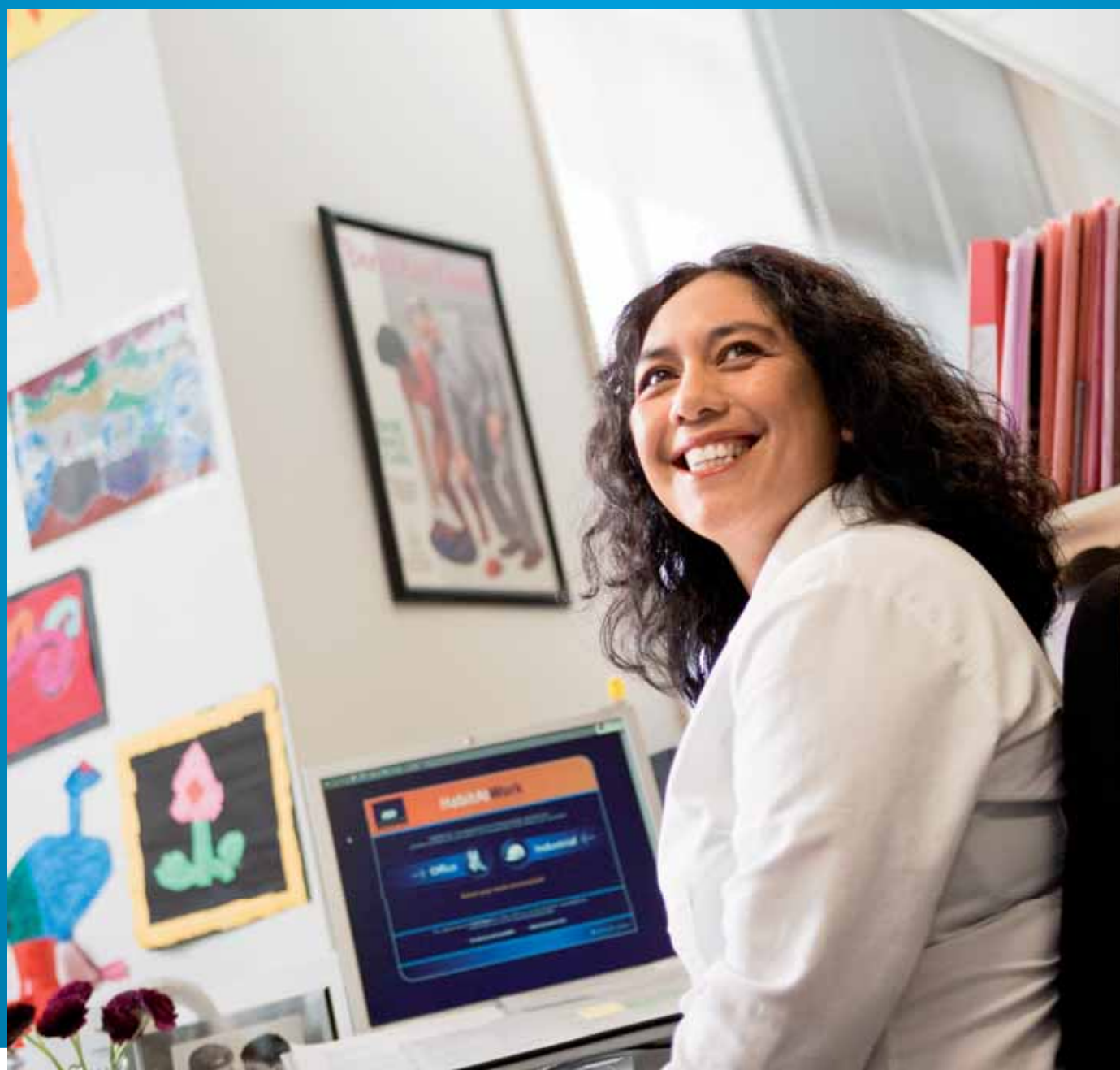


# Stretches for the office

*Preventing and managing discomfort, pain and injury*



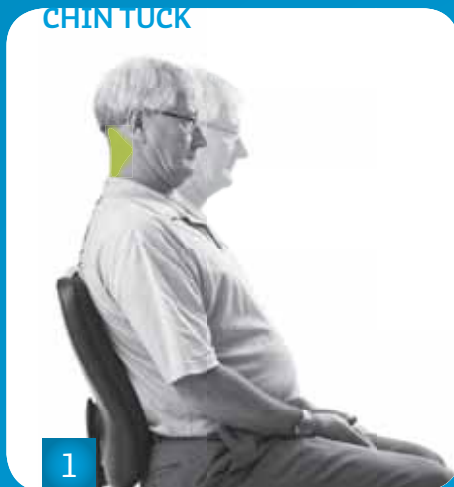
# Stretches for the office

- Your body is designed to move. Holding static postures can lead to unnecessary build up of tension.
- **At least hourly (every 15 minutes is ideal): STOP, DROP and SHAKE.** Relax your neck and shoulders; drop your arms to restore normal circulation.
- Before you start your day follow the stretches, then regularly stop and stretch throughout your day.
- Stretches should be performed on both sides.
- Take a movement to the point of stretch and hold for 10-15 seconds.
- The green glow on the photos gives an indication of where you should feel each exercise, however this will vary from person to person.
- Should you feel pain or unexpected tension do not continue that stretch. Consult your health professional.

For more information visit  
[www.habitatwork.co.nz](http://www.habitatwork.co.nz)



CHIN TUCK



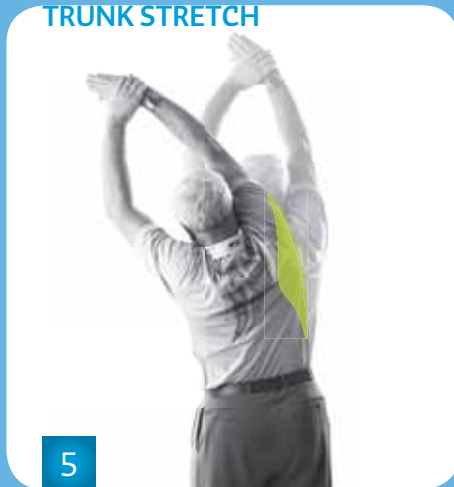
- Sit tall.
- Tuck chin in (keep eyes level and relax shoulders).

NECK SIDE BEND



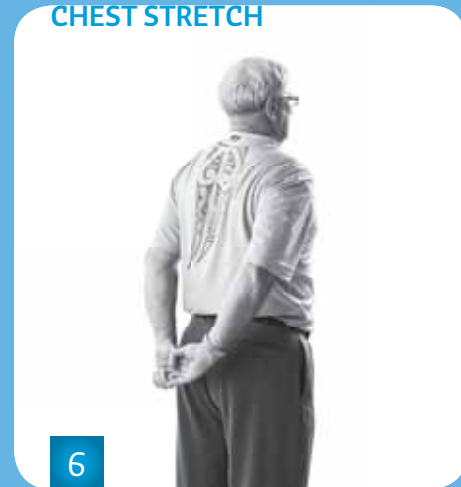
- Tuck chin in, look straight ahead and take ear to shoulder.
- Push opposite shoulder to the floor.

TRUNK STRETCH



- Stand or sit, reach up, clasp wrist.
- Breathe in, as you breathe out lean sideways towards the bent arm.

CHEST STRETCH



- Interlink hands behind back.
- Draw shoulder blades down and back.
- Shift hands away from the body to stretch the chest.

HAND SHAKE



- Drop arms to your side.
- Relax neck and shoulders, shake hands.

FRONT OF FOREARM STRETCH



- Relax shoulders, elbow bent, bend wrist, keep palm facing up.
- Hold hand and gently straighten elbow stretching fingers back and down.

### NECK ROTATIONS



3

- Tuck chin in, slowly turn head to look over shoulder.

### SHOULDER SHRUGS



4

- Raise shoulders up towards ears.
- Push shoulders down, reaching fingers towards the floor.



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Te Kaporeihana Awhina Hunga Whara

### BACK EXTENSION



7

- Sit tall, clasp hands above head.
- Stretch palms up to the ceiling and lean back into chair.

### TRUNK ROTATION



8

- Sit tall on the edge of the chair and cross one leg over the other.
- Turn chest towards crossed leg using arms for leverage.

### BACK OF FOREARM STRETCH



11

- Relax shoulders, drop arm to side with wrist bent.
- Take arm back behind you keeping your arm straight.





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