

STRETCHING INSTRUCTIONS

- › Stretch every hour - move in opposite direction to your work positions
- › Stretch 2-3 times each side
- › Move gently into stretch and hold for 10-15 seconds
- › Breathe out slowly with each stretch, let go gently
- › Make sure you only feel the stretch in the highlighted area
- › After static work any action is good – swing arms, move hips, ‘wriggle’
- › Aim to do all stretches at least daily to maintain flexibility.

STRETCH - CHIN TUCK



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

STRETCH - NECK SIDE BEND



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

STRETCH - NECK ROTATIONS



- › Tuck chin in, slowly turn head to look over shoulder
- › Repeat both sides.

STRETCH - CHEST



- › Interlink hands behind back
- › Draw shoulder blades down and back
- › Shift hands away from the body to feel the stretch at the front of the chest.

STRETCH - TRUNK



- › Stand or sit, reach up, clasp wrist
- › Breathe in, as you breathe out lean sideways.

STRETCH - BACK OF FOREARM



- › Relax shoulders, drop arms to sides with wrists bent, palms facing up and fingers pointing back
- › Move straight arms behind you, turn hands so fingers point away from body (think of a penguin).

STRETCH - FRONT OF FOREARM



- › Relax shoulders, and with elbow bent, bend wrist back so palm faces forward
- › Hold hand and gently straighten elbow stretching fingers back and down.

STRETCH - HAND SHAKE



- › Sit or stand, straight back, drop arms to sides
- › Relax neck and shoulders, shake hands
- › 'Stop, drop, flop' is a good relaxation reminder!

STRETCH - FRONT THIGH



- › Using support, stand on one leg
- › Keep knees side-by-side, bring heel towards your buttock
- › Try to keep your back straight.

STRETCH - SEMI SQUAT



- › Stand with feet hip-width apart, shoulders relaxed
- › Bend knees, head up, bottom out
- › Aim to keep knees over your toes
- › Hold 3 -5 seconds, repeat 10 times.

MICROPAUSES AND BREAKS

- › Micropause for computer use - 5-10 seconds every 3-4 minutes, take hands off keyboard, hang arms by side (or exercise as per front of sheet) and focus eyes on distant object
- › Micropause for repetitive tasks - 5-10 second break every 3-4 minutes. Brief pause in activity, and perform exercise (as per front of sheet)
- › Take frequent breaks to prevent fatigue. Don't skip breaks to leave work early.