

# Workstation Workout

## Neck

### Neck side stretch

Sit with your arms hanging by your sides and tilt your head sideways making sure your shoulders are square. Hold for 15 seconds. Repeat on the other side



### Head turn

Sit with hands hanging by your side, keeping your head level. Slowly turn your head to one side and hold this position for 5 seconds. Repeat on the other side



Gently hold each stretch for optimal benefit

## Chest & back

### Chest Stretch

Place both hands behind your head with the elbows pointing to the side. Push your shoulders backwards and squeeze your shoulder blades together



### Bridge stretch

Sitting with a straight posture interlock fingers and turn palms upwards above head. Straighten both arms and push upwards for 15 seconds, stretching through the arms and torso



## Hands & Arms

### Wrist extensors

Straighten one arm out in front of you with your palm down and point your fingers to the ground. Using the other hand gently pull on the palm and stretch the wrist further



### Wrist flexors

Straighten one arm out in front of you and point your fingers to the ceiling. Grasping at the palm with the other hand gently pull the wrist back further



### Hands

Clench your hands for 5 seconds, straighten and spread your fingers as far as possible, hold for 5 seconds. Repeat as desired and finish with a gentle shake



## Shoulders

### Shoulder stretch

Sitting with a straight posture, stretch one arm above your head with elbow pointing to the ceiling, cradle the elbow with the opposite hand and gently pull elbow. Hold for 15 seconds before. Repeat on the other side



### Shoulder rolls

Sitting in a relaxed position pull your shoulders up. Hold for 15 seconds and release the shoulders into the relaxed position. Roll your shoulders forwards 5 times and then backwards 5 times



All stretches should be carried out gently, if discomfort is felt cease stretch. Do not undertake if recent injury to joints or muscles has occurred. If pain is experienced stop and see your doctor