

AIM TO PERFORM THESE EXERCISES HOURLY- Change position every 20 minutes

Due to the sedentary nature of work, the risk of pain and injury is increased. Aim to perform these exercises as many times as possible throughout the day to increase flexibility, reduce pain and improve blood flow. If you experience any pain or discomfort, please visit a doctor or physiotherapist for guidance.

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|  | <p>1. Spine Mobilisation. Sit back in your chair with your knees together. Lengthen through your spine so that you are as tall as possible and rotate around to one side. Repeat on the opposite side. Keep your feet planted <i>firmly</i> and look behind you.</p> |  | <p>2. Shoulder Blade Tuck. Sit tall and place your hands behind your head. Pull your shoulder blades together and downwards. Point your elbows outwards. Hold for a count of 2-5 seconds, then relax. Repeat 3-6 times.</p> |
|  | <p>3. Backwards Shoulder Rolls. This exercise is best done standing. Start by making small circles in a <i>backwards</i> direction. Then gradually make them bigger. Be cautious if you have shoulder problems and mobilise slowly.</p> |  | <p>4. Back Extension Stretch. Stand tall and place both of your hands on your bottom and push <i>downwards</i> (be careful not to push through the spine). Lean back and look upwards at the same time. Hold for ten seconds. Repeat twice.</p> |
|  | <p>5. Side Flexion. Reach up as high as you can with your right arm. Stand tall and bend over to the left side without leaning forward. Swap sides, repeating five times on each side.</p> |  | <p>6. Chest Stretch. Stand tall. Lock your hands together behind your back. Lift your arms and gently squeeze your shoulder blades together at the same time. Hold for 10 seconds.</p> |
|  | <p>7. Hip Flexor Stretch. Stand tall and take a big step forward so that you are up on your back toe. Tilt your pelvis in a <i>forward</i> direction and push your back foot into the ground. You should feel the stretch at the front of the back leg.</p> |  | <p>8. Lateral Neck Stretch. Stand tall. Look straight ahead and drop your left ear towards your left shoulder. Hold down the right shoulder with the left hand. Stretch for 10 seconds. Repeat on the other side.</p> |