



DynamicHealth



Office Stretches Exercise Sheet



Cambridgeshire Community Services NHS Trust: delivering excellence in musculo-skeletal services and pelvic health physiotherapy across Cambridgeshire and Peterborough

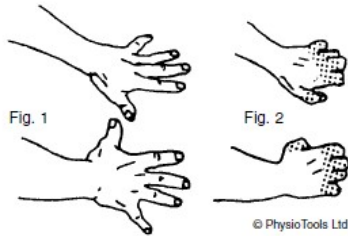
Long periods of sitting at a desk or computer can cause muscular tension and pain. Getting into the habit of carrying out a few stretches can make your whole body feel better. Stretches should be done slowly without bouncing and you should hold the stretches for 5–20 seconds. They should feel comfortable and if they are painful then ease off the stretch a little.

Exercises

1. Spread your fingers wide apart.

Hold for 10 seconds.

Bend your knuckles and hold for 10 seconds.



2. Shrug your shoulders to your ears.

Hold and then relax your shoulders down.



3. Clasp your fingers behind your head.

Now pull your shoulder blades towards each other.

Hold and relax.



4. Slowly tilt head to the left side – hold.

Repeat to the other side.

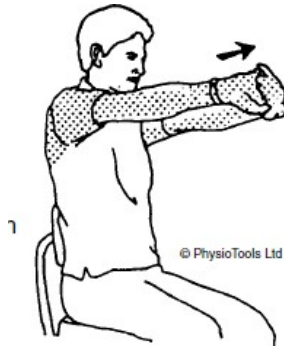


5. Sitting up straight, turn your chin towards your left shoulder.

Repeat to the other side.

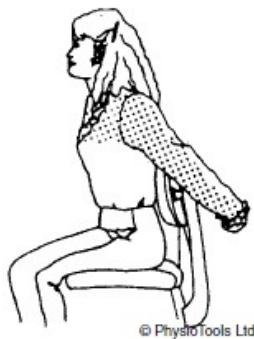


6. Interlace your fingers and turn so your palms face away from you. Straighten arms above your head and hold stretch for 20–30 seconds.



7. Interlace your fingers behind your back. Slowly turn your elbows inwards while straightening your arms.

Hold 5–15 seconds.



8. Sit with left leg bent over the right. Then rest the elbow of right arm on the thigh of the left leg. Gently apply pressure towards the right as you look over the left shoulder. Repeat to the opposite side.



9. Stand straight with feet apart. Support your back with your hands while bending your back as far backwards as possible. Keep your knees straight during the exercise.



These exercises may cause a pull, but should not cause pain. Please contact your physiotherapist if you have any questions regarding this information.

For further information about this service contact:

Physio Advice Line: for telephone advice and support: 0300 555 0210

General Enquiries: 0300 555 0123

Physiotherapy Dept, Hinchingsbrooke Hospital, Hinchingsbrooke Park, Huntingdon,
Cambs PE29 6NT

Physiotherapy Dept, Brookfields Campus, 351 Mill Road, Cambridge, CB1 3DF

Physiotherapy Dept, Princess of Wales Hospital, Lynn Road, Ely, Cambs, CB6 1DN

Physiotherapy Dept, Doddington Hospital, Benwick Road, Doddington, Cambs,
PE15 0UG

Physiotherapy Dept, Rowan Lodge, North Cambs Hospital, The Park, Wisbech,
Cambs, PE13 3AB

Physiotherapy Dept, Rivergate, Viersen Platz, Peterborough, PE1 1SE

Find us online:

www.eoemskservice.nhs.uk/health-and-wellbeing/advice-and-exercises

facebook.com/DynamicHealthMSK

twitter.com/CCSMSK

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

To find out how we use what we know about you (Privacy Notice) or how to access our buildings (AccessAble), please visit www.cambscommunityservices.nhs.uk and follow the links or please contact us.



If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.