



DynamicHealth



Office Stretches Exercise Sheet



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

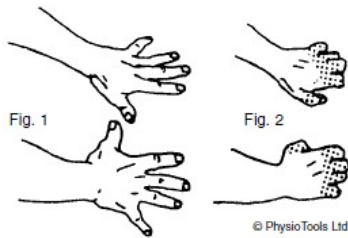
Long periods of sitting at a desk or computer can cause muscular tension and pain. Getting into the habit of carrying out a few stretches can make your whole body feel better. Stretches should be done slowly without bouncing and you should hold the stretches for 5–20 seconds. They should feel comfortable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

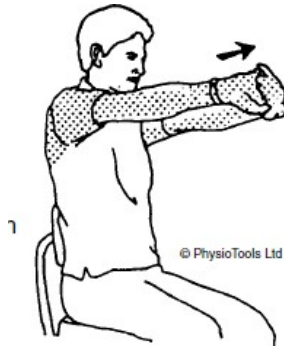


5. Sitting up straight, turn your chin towards your left shoulder.

Repeat to the other side.

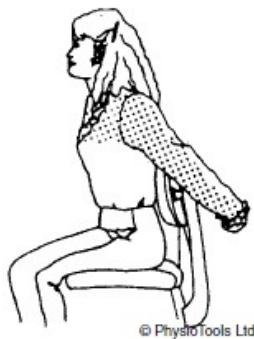


6. Interlace your fingers and turn so your palms face away from you. Straighten arms above your head and hold stretch for 20–30 seconds.



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.

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