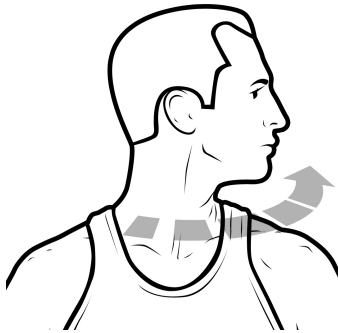


# STRETCHES FOR THE OFFICE

## NECK, SHOULDER, WRIST & BACK



### NECK ROTATIONS

Rotate your head to the left as far as you can. Ensure you do not side bend your head to the left during the movement. Return to the front then repeat. Also repeat to the right side.

SETS & REPS: 10 reps

FREQUENCY: 1 x day



### NECK SIDE FLEXION

Tilt your head down to the left side as far as you can. Ensure you do not also rotate your head to the left. Return to upright then repeat. Also repeat to the right side.

SETS & REPS: 10 reps

FREQUENCY: 1 x day

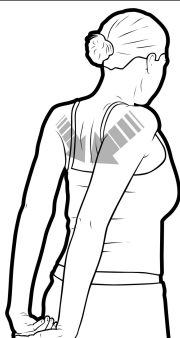


### NECK STRETCH

Sitting, grasp under your chair and depress your shoulder. Side bend your head away from the shoulder being stretched until you feel a stretch. Hold. Repeat with the other side.

SETS & REPS: 30 sec hold

FREQUENCY: 1 x day



### CHEST STRETCH

Clasp your hands behind your back and pull your shoulders back and down as far as you can, squeezing your shoulder blades together. As you exhale, try to depress your shoulders further. Hold.

SETS & REPS: 30 sec hold

FREQUENCY: 1 x day



### SHOULDER STRETCH

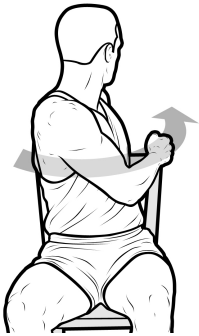
With your shoulder blade pulled back and down and your elbow straight, cross your arm across your body. Use your opposite arm to pull the arm further across the body until you feel a stretch. Ensure your shoulder blade remains depressed and pulled back. Hold. Repeat with the other shoulder.

SETS & REPS: 30 sec hold

FREQUENCY: 1 x day

# STRETCHES FOR THE OFFICE

## NECK, SHOULDER, WRIST & BACK

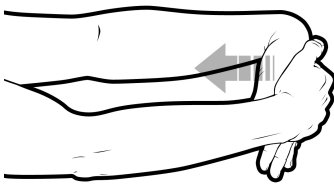


### SEATED THORACIC ROTATION

While sitting in a chair, rotate your trunk to one side as far as you can. Use the chair-back to pull yourself further into rotation. Hold for 10 seconds. Relax and repeat to the other side.

SETS & REPS: 3 reps

FREQUENCY: 1 x day

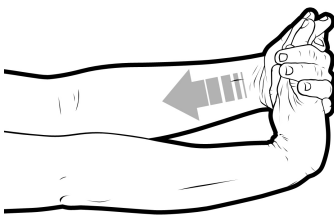


### WRIST EXTENSORS STRETCH

Grasp your hand, straighten your elbow and flex your wrist as far as you can. Use your other hand to push your wrist further into flexion until you feel a stretch. Hold. Repeat with the other arm.

SETS & REPS: 30 sec hold

FREQUENCY: 1 x day



### WRIST FLEXORS STRETCH

While keeping your elbow straight, extend your wrist as far as you can. With your opposite hand, pull your wrist further into extension until you feel a stretch. Hold. Repeat with the other arm.

SETS & REPS: 30 sec hold

FREQUENCY: 1 x day