



Tips for

# office stretches

## Top tips for office stretches

Carry out one or more of the stretches below every hour whilst at your workstation.



1

**Standing chest stretch:** interlock fingers behind back, relax shoulders, stretch arms back, hold 10 seconds.



2

**Neck rotation:** tuck chin in, hold 3 seconds then slowly turn head to look over shoulder, hold 3 seconds, repeat opposite side.



3

**Chin tuck:** hold 3 seconds, repeat 5 times.



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4

**Forearm stretch:** Start with relaxed shoulders and elbow bent. Bend wrist back keeping palm facing up. Hold hand and gently straighten elbow stretching fingers back and down. Hold 10 seconds, repeat with other arm.



5

**Extensors stretch:** Place the arms at chest height with elbows bent and hands together. With the back of each hand touching each other, raise the wrists until a stretch is felt on top of the forearm. Hold 10 seconds.



6

**Trunk rotation stretch:** Sit tall on the edge of the chair. Turn chest to look behind you using arms for leverage. Hold 10 seconds, repeat opposite side.