

## Exercises for Office Workers

Try these gentle range of movement stretches while sat at your desk – use a post it note or set a reminder on your computer to complete them regularly!



### Neck rotations

Look to the left and hold for a count of 3. Return to the middle and repeat to the right.

Repeat x10



### Shoulder shrugs

Gently raise and lower your shoulders. Try not to compress your neck.

Repeat x10



### Arm curls

Using a bottle of water.

Gently bend your elbow to touch your shoulder and lower back down.

Repeat x10



#### Seated calf raise

Slowly raise your heels off the ground. Hold for a count of 3 and slowly lower back down.

Repeat x10



#### Sitting – bend forwards

Bend forward and let your head and arms hang over your knees. Relax into the position and hold for a few seconds. Breathe in as you slowly come back to a seated position.

Repeat x10



#### Trunk rotation

Sit with your arms folded across your chest. Gently twist from your mid back to look one way and then repeat to the opposite side.

Repeat x10



### Trunk extensions

In sitting with your hands behind your head. Gently arch back. Keep your chin tucked in and do not throw your head back.

Repeat x10



### Knees to chest

In sitting slowly fetch one knee up towards your chest and back down. Repeat on the opposite side.

Repeat x10



### Straight leg raise

Sit and hold the side of the chair for balance, if required. Lift your straightened leg and pull your toes gently towards you. Hold for a few seconds then lower down and repeat with the other leg.

Repeat x10

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