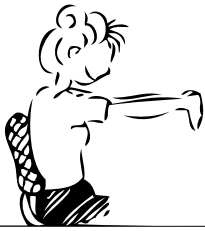


Desk Worker Stretches



Shoulders/Rhomboids

Interlock fingers in front of body, turn palms away & gently round through shoulders with straight arms.



Chest/Pectorials

Interlock fingers behind body, & gently lift & straighten arms.

Tip: it's a good idea to combine shoulder stretches with chest stretches

Shoulder blade/Infraspinatus & Supraspinatus

Wrap one arm under the other, gently stretch straight arm across the body



Arm/Triceps & Latissimus Dorsi

Reach one arm up with elbow bent. Using opposite hand, gently pull elbow towards the head.



Neck-Shoulder/Upper lateral trapezius

Gently stretch your ear towards your shoulder, without lifting your shoulder up.



Neck/Upper Trapezius

Gently bring your chin to your chest.

Buttocks/Gluteals

While seated bring the knee to the chest, keeping lower back straight, supported by both hands.

Tip: This can also be done lying on your back, both knees at the same time.



Lower Back/Quadratus Lumborum (QL)

Cross one leg over the other, place your hands on the upper leg & gently twist towards the side of the upper leg.



Lower-Mid back/QL-Intercostals

While standing, feet hip width apart, slowly slide one hand down the outside of the leg.

Tip: keep hips forward & only slide as far as feel comfortable



Chest/Pectorials

Standing in a doorway, rest hands on the frame at shoulder height, take a small step through the frame, keeping hands on the frame.

Tip: this can also be performed in a corner wall

Thighs/Quadriceps

While standing supported, hold the foot and gently stretch towards the buttocks

Tip: be careful not to lean forward



Back of Thighs/Hamstrings

Standing, place one foot on a stable chair or stool in front, gently lean forward, grasping the foot, if comfortable.



Deep Gluteals/Piriformus

Seated, cross one foot onto the opposite knee. Gently lean forward.

Tip: this is particularly effective for sciatic type pain



Wrist-Arms/Forearm Flexors & Extensors

With outstretched arm, palm facing up gently stretch hand down. Turn palm over & stretch hand down

Tip: an upward palm stretch is effective for tennis elbow but do not use the downward palm stretch

Upper Arm/Biceps

Hold onto a door frame at arms length, with thumb down, turn the body away and roll the shoulder in.

Tip: this can also be performed seated, on the back of a chair



When in pain, stretch gently and never into further pain.

Hold each stretch for 30 seconds, breathe deeply and repeat each side of the body 3 times.