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### **1. Neck Retraction**

Sitting straight-backed. Pull your chin in, keeping your neck and back straight (not tipping your head forwards). Hold at the end position and feel the stretch in your neck

Repeat 10 times

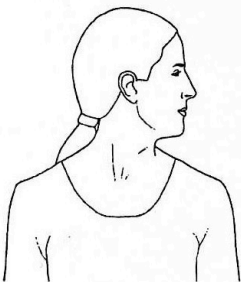


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### **2. Side Flexion**

Tilt your head toward one shoulder until you feel the stretch on the opposite side. Using your hand gently pull your head further to the side. Hold for 15 seconds. Repeat to the other side.

Repeat 3 times

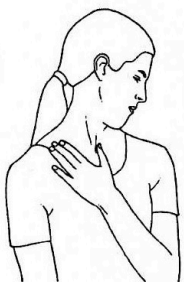


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### **3. Rotation**

Turn your head to one side until you feel a stretch. Hold for 15 seconds. Repeat to the other side.

Repeat 3 times

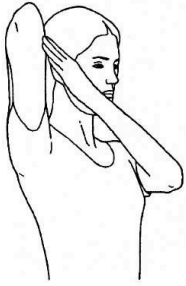


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### **4. Scalaeni Stretch**

While exhaling, push your upper ribs down with your hand and tilt your head away while at the same time rotating your head towards the muscle to be stretched. Repeat to the other side.

Repeat 3 times

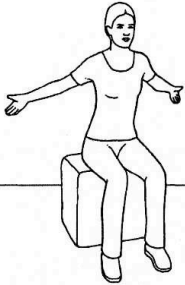


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## **5. Shoulder Flexion**

Bend and lift the arm to be stretched. Grasp your elbow with the other hand and push back and down until you can feel a stretch in your upper arm. Hold for 15 seconds. Repeat on the other arm

Repeat 3 times.



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## **6. Thoracic Extension**

Sit with your back straight and feet firmly on the floor. Pull your shoulder blades together while turning your thumbs and hands outwards. Hold for 15 seconds.

Repeat 3 times.



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## **7. Thoracic Flexion**

Push your shoulders forward, stretch the arms diagonally forwards and down keeping your chin in. Hold for 15 seconds.

Repeat 3 times.

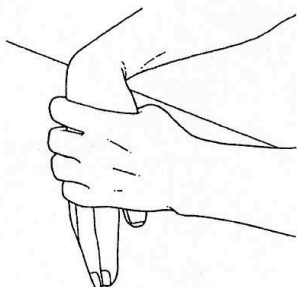


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## **8. Elbow Extension**

Stand leaning on a table with straight arms, palms against a table and fingers turned backwards.

Shift your bodyweight backwards until you feel a stretch on your forearms. Hold for 15 seconds. Repeat 3 times.



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## **9. Wrist Flexion**

Forearm supported on a table with your hand over the edge and palm facing down. Hold for 15 seconds. Repeat on the other side.

Repeat 3 times.



## **10. Lumbar Extension**

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.

Repeat 10 times.

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- **These exercises are designed to help improve joint range and mobility.**
- **They also prevent posture related pain and should be performed as a routine on the hour every hour!**
- **For more info please see our website:**

[www.workassist.org](http://www.workassist.org)

or our blog:

[www.work-assist.blogspot.org](http://www.work-assist.blogspot.org)