

Physical Balance Presents

OFFICE STRETCHES

TO SAVE YOUR SPINE



TEAPOT STRETCH

Stand with your feet shoulder width apart. Place your right hand on your hip, take your left hand over your head and gently bend your upper body to the right and hold for 1-2 seconds. Slowly return to the centre. Repeat on the other side. Repeat 2-3 times.

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BACK STRETCH

Place the palms on the lower back and gently lean back briefly before returning to the neutral standing position. Be careful not to lean back too far or over extend your neck. Repeat 2-3 times.



TOP TIP

Research shows that it's much easier to form a new habit if we do it at the same time each day. So try and find some time slots that suit your working day to do these stretches such as 10am, 1pm & 3pm.



SHOULDER PULL

Hold under your right upper arm and pull across your chest. Hold the stretch for 20-30 seconds. Repeat on the other shoulder.

TOP TIP

Stop the exercises and seek medical advice if they cause pain, make symptoms worse or create new symptoms.

SHOULDER STRETCH

Interlock your hands in front of you and turn palms away from the body. Gently straighten elbows and reach forward. Hold stretch for 20-30 seconds.



NECK STRETCH

Reach over your head with your right hand. Slowly and gently pull your head away from your left shoulder then let your left shoulder drop down to increase the stretch. Repeat on the other side.



QUADRICEPS STRETCH

Stand on one leg with your knees touching. If you need to, grab hold of a chair or wall for support. Grab your right foot with your right hand and pull toward your butt. Hold for 20 to 30 seconds. Repeat on the other side.

HEALTHY TIPS

DRINK *more* WATER



STAND AT WORK & *walk* MORE



USE THE *Stairs* MORE



GET OUTSIDE & *maybe* GET A DOG



Physical Balance