

FACTSHEET

Desk back care exercises

1. Neck turn



Sit tall, look over your left shoulder as far as possible without moving the body. Repeat on the right side.

2. Neck Flexibility



Fix your eyes on an object in front of you. Drop your head slowly to the left, trying to touch your left ear to your left shoulder. Repeat on the right side.

3. Shoulder roll



Slowly roll your shoulders backward five times in a circular motion. Repeat, rolling your shoulders forwards.

4. Shoulder lift



Raise the top of your shoulders towards your ears until you feel slight tension in your neck and shoulders. Hold this feeling of tension for 3 to 5 seconds. Then relax your shoulders

downward into their normal position. Do this 2 or 3 times.

5. Chest stretch



Clasp hands behind your back with palms facing up. Pull hands down and try to bring shoulder blades together. Your chest should stick out.

6. Trunk twist



Sit tall, interlock fingers at chin height and twist from the waist to the left. Repeat on the right side.