

Working from home: Stretching and energising



Forearm stretch down

Hold your right arm out in front of you - hand facing out and your fingers pointing down.
With your left hand pull downwards until you feel a stretch along the right forearm and /or wrist.

Hold for 20 seconds. Repeat 2-3 times for each arm.

Note: Always stay within your own limits and follow your doctor's advice.



Forearm stretch up

Hold your right arm out in front of you - hand facing down.
Place your left hand across the palm of your right hand and pull up until you feel a stretch in the forearm and/or wrist.

Hold for 20 seconds. Repeat 2-3 times for each arm.

Note: Always stay within your own limits and follow your doctor's advice.



Forearm wrist stretch

Place your hands together in a prayer position.

Apply gentle pressure allowing your palms to make contact and your wrists to bend back, until you feel a stretch on the back of your forearm.

Hold for 20 seconds. Repeat 2-3 times for each arm.

Note: Always stay within your own limits and follow your doctor's advice.



Rotate fingers

With your right hand face down on your lap, rotate each finger in turn. Repeat with your left hand.

Do this once per hand

Note: Always stay within your own limits and follow your doctor's advice.



Wrist forearm stretch

With your arms hanging by your sides, bend one hand back at the wrist.
Raise the arm in front of you, hold for 20 seconds then slowly drop your arm to your side.

Repeat 2-3 times for each arm.

Note: Always stay within your own limits and follow your doctor's advice.



Wrist stretch

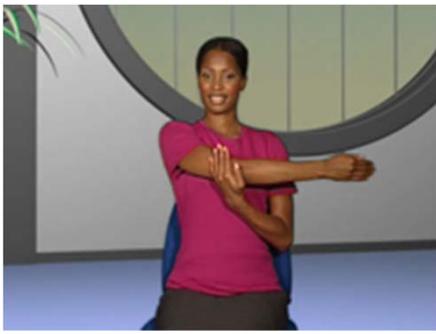
Hold both arms straight out, palms away from you.

Bend your hands down until you feel a slight stretch on the back of your wrists.

Hold for 20 seconds then raise your hands into a flat position.

Repeat 2-3 times for each arm.

Note: Always stay within your own limits and follow your doctor's advice.



Arms across chest

Raise your right arm to near shoulder level.

Grasp behind the right elbow with your left hand and pull the arm across your chest until you feel a stretch on the back of the right shoulder.

Hold for 20 seconds. Repeat 2-3 times for each arm.

Note: Always stay within your own limits and follow your doctor's advice.



Arms behind back

Stand up.

Clasp your hands behind your back then push out your chest.

Stretch your shoulders backwards, pulling the shoulder blades together to feel a stretch across your upper and lower back.

Hold for 20 – 30 seconds.

Note: Always stay within your own limits and follow your doctor's advice.



Ceiling stretch

Stretch your right hand straight up towards the ceiling.

Hold for 20 - 30 seconds.

Lower your arm.

Repeat with your left hand.

Note: Always stay within your own limits and follow your doctor's advice.



Lean back

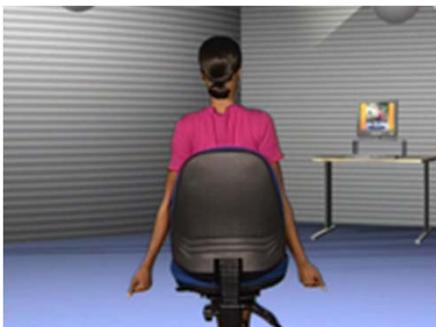
Make sure there is plenty of room behind your chair.

Put your hands behind your head and lean back in your chair.

DO NOT lean so far back that your chair becomes unstable.

Hold for 10 seconds – do this exercise three times.

Note: Always stay within your own limits and follow your doctor's advice.



Pull shoulders back

Sit upright in your chair (so that your back is not touching the back rest)

Pull your shoulders backwards until you feel a slight stretch across your chest.

Hold for 20 - 30 seconds – do this exercise twice

Note: Always stay within your own limits and follow your doctor's advice.



Relax back

Move your chair back from your desk.

Lean forward, resting your forearms on your knees.

Relax for 5-10 seconds before returning to your normal seated position.

Note: Always stay within your own limits and follow your doctor's advice.



Blink

Close and open your eyes several times to relax and moisten your eyes.
Note: Always stay within your own limits and follow your doctor's advice.



Look into the distance

Periodically focus on an object that is at least 10' (3m) away from your desk. This helps to work the distance muscles of your eyes.
Note: Always stay within your own limits and follow your doctor's advice.



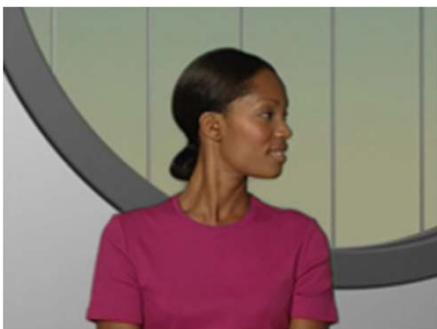
Roll eyes

Roll your eyes several times, looking around the room as you do so.
Note: Always stay within your own limits and follow your doctor's advice.



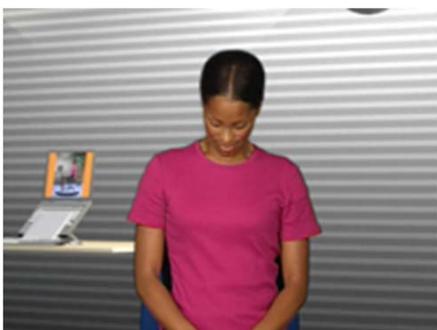
Chin tuck

Place a finger on your chin and gently push your head back a little. Hold for 5 seconds. Repeat with your other hand.
Note: Always stay within your own limits and follow your doctor's advice.



Head turn

Slowly turn your head to the side until you feel a slight stretch in your neck muscles. Hold for 15 seconds. Repeat, turning to the other side, remembering to move your neck slowly. Do this exercise twice.
Note: Always stay within your own limits and follow your doctor's advice.



Neck tuck

Drop your head down onto your chest until you feel a slight stretch across the back of your neck. Hold for 15 seconds then raise your head. Do this exercise twice.
Note: Always stay within your own limits and follow your doctor's advice.