

THE SEVEN WAY STRETCH

The following exercises are designed to counteract the negative effects of prolonged DSE and sedentary work. The exercises take about 5 minutes and can be performed (if necessary) without leaving your workstation.

To begin:

Lean back in your chair, lift and drop your shoulders, relax.

Breathe slowly and deeply, using your abdominal muscles, (your abdomen should raise slightly on breathing in), breathe away any tension.

Hold each of the following positions for four complete breaths.

Exercise One

Clasp hands behind your head, bend head forward, slowly stretching out the upper part of the neck - keep your shoulders and back as straight as possible.

Exercise Two

Grasp seat of chair with right hand, pass palm of left hand behind your head and place above right ear. Pull the head to the left very gently, laterally flexing your neck. Repeat to other side.

Exercise Three

Fold your arms behind your back, let your shoulders drop and relax. Turn head slowly to the left as far as it will go and nod gently four times. Repeat to other side.

Exercise Four

Clasp hands behind your chair and pull the shoulders back.

Before the next exercises shake your wrists vigorously.

Exercise Five

Hold your hands out in front of you and spread your fingers apart as far as possible, hold for count of five, relax and repeat.

Exercise Six

Straighten both arms and bend the wrist of one hand back with the fingers of the other hand, then bend that wrist downwards, repeat to other side.

Exercise Seven

Place palms together with fingertips pointing upwards, raise elbows (thus extending wrists). Separate palms so that only the fingers are pressing together.

Relax.