

SEATED STRETCHES for COMPUTER USERS

	<p>WRISTS</p> <p>Palm Up-Palm Down</p> <p>With elbows close to your sides and your hands resting on your lap, turn palms up and stretch fingers out and hold for at least 10 seconds and relax. Turn hands over with palms facing down and repeat for another 10 seconds and relax.</p> <p>Repeat 5 times.</p>
	<p>Wrist Circles</p> <p>Keep elbows by your side and using just the wrists, circle wrists forward for at least 10 seconds then backwards for the same count.</p>
	<p>Clench 'n Spread</p> <p>With arms hanging by your sides clench both fists and hold for at least 10 seconds then relax. Then spread both hands and hold for at least 10 seconds, then relax.</p> <p>Repeat 5-10 times.</p>
	<p>SHOULDERS</p> <p>Shoulder Shrugs and Rolls</p> <p>With arms hanging by sides, raise shoulders upwards and hold for 10 seconds, then let them drop down and relax. Rest both hands in your lap and roll both shoulders backwards and then forwards.</p> <p>Repeat each movement 5-10 times.</p>
	<p>Reach Ups</p> <p>Interlock fingers and turn your palms away from you. Straighten arms and reach upwards over head and backwards as far as you can to increase the stretch, hold for 10 seconds whilst taking a deep breath in and slowly breathing out.</p> <p>Repeat 5-10 times.</p>
	<p>Reach Outs</p> <p>Interlock fingers with palms facing forward, push out as far as possible, allowing the shoulders to round forwards, hold for 10 seconds.</p> <p>Repeat 5-10 times.</p>
	<p>Cross-Body Stretch (effective for the shoulders and upper arms)</p> <p>Drape one hand across the opposite shoulder while maintaining elbow at shoulder level. Assist stretch by pushing elbow and applying a slow sustained stretch, hold for at least 10 seconds whilst taking a deep breath in and slowly breathing out.</p> <p>Repeat 5-10 times with alternate arms.</p>

	<p>NECK</p> <p>Side-Bends (for muscles on the side of the neck)</p> <p>Sit upright with head in a neutral position, look straight ahead and relax head to one side to bring ear to shoulder; hold for at least 10 seconds whilst taking a deep breath in and slowly breathing out. The stretch must be slow and sustained, not jerky.</p> <p>Repeat 5-10 times each side.</p>
	<p>Chin Tuck (for muscles in the back of the neck)</p> <p>Pull chin in and slowly tilt your head forward towards the chest; hold for at least 10 seconds whilst taking a deep breath and slowly breathing out.</p> <p>Repeat 5-10 times, only going to the point of tension.</p>
	<p>BACK</p> <p>Low-Back Stretch</p> <p>Sit in a chair with knees spread apart and heel flat on the floor. Slowly bend forward to the floor to achieve a comfortable stretch in the lower back.</p> <p>Repeat 5 times.</p>
	<p>Side Stretch</p> <p>Keeping your hips static, drop left shoulder and reach left hand towards the floor. Hold for at least 10 seconds. Return to starting position.</p> <p>Repeat 5-10 times on alternate sides.</p>

Please note

- all exercises should be slow sustained stretches, never rapid jerky movements
- stretch only as far as is comfortable
- take a deep breath in and allow the muscles to stretch a little further as you slowly breath out