

Daily Stretches

The stretching exercises have been designed to ease muscle tension in areas that are strained during static working postures. All stretching exercises start from a neutral posture. Use gentle, slow movements and hold the stretching posture for a short while, e.g. 10 seconds.

Neck

1. Neck posture stretch



- Lean against a wall in neutral posture.



- Rest the back of your head against the wall and stretch the neck upwards.

2. Neck stretch – to both sides

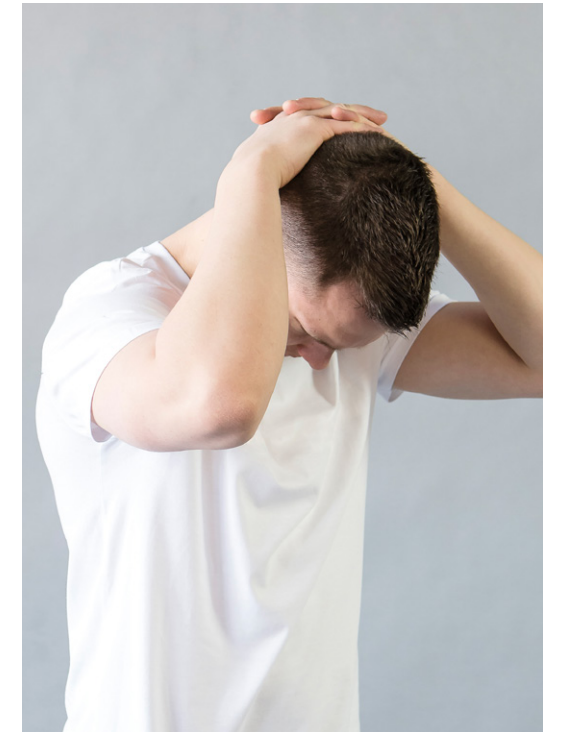


- Start from neutral posture and keep shoulders relaxed.



- Move your head slowly from left to right and back for a few times.

3. Neck stretch



- From neutral posture, stretch neck forward ("chin to chest").
- The stretch can be strengthened by putting hands on top of the head.

Chest and Shoulders

1. Chest stretch

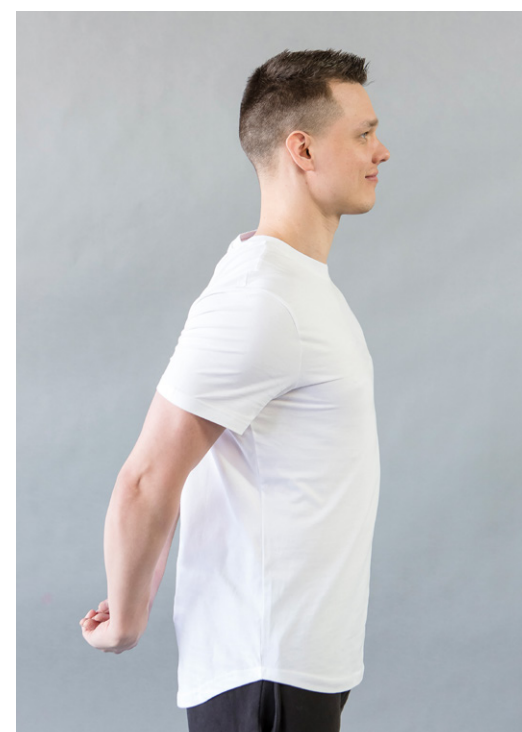


- Lean against a pillar or door-frame with your arm extended to the side at a 90 degree angle
- Lean forward gently on the side that is supported to stretch the chest muscles

2. Shoulder and chest stretch



- Put both arms behind your back and join hands together.



- Lift arms gently upwards to stretch shoulders and chest muscles.

3. Shoulder stretch



- Put your arms behind your back, one over the shoulder and the other on the lower back
- Try to reach the tips of your fingers or grip hands behind your back

4. Side stretch



- Cross legs and extend the hand opposite the leg in front towards the roof.
- Stretch the side of the body towards the side of the leg that is in front.

Wrist

1. Wrist rotation



- Rotate wrists 5-10 rounds in both directions.

2. Wrist stretches



- Extend the arm forward and reach for the fingers with the other arm.



- Stretch both upwards and downwards.

Back

Relaxing Posture for Back



- In a seated posture lean the upper body forward, put head between the legs. Let head hang heavily towards floor.
- Relax shoulders and arms.
- Breathe deeply in and out a couple of times.