Stretching in the office

Stretch regularly throughout the day to prevent stiffness and promote circulation. Stretching should not hurt. Perform stretches slowly, until you feel a gentle pulling sensation and remember to breathe. Hold stretches for 30 seconds and repeat on both sides.

Neck stretch

Flexion: With relaxed shoulders, drop your chin to your chest.

Extension: With relaxed shoulders, look upwards, raising your chin as far as possible.

Chest stretch

Lift arms up to shoulder height and bring them out to the side. With palms facing backwards push arms back to open up the chest.

Shoulder stretch

Lift one arm across the front of your body, use the other arm to support and gently pull the arm across the body to feel the stretch in the shoulder.

Back extension

Place your hands on your lower back and gently lean backwards as far as you are able.

Side stretch

Stand with feet shoulder width apart, lift one arm up into the air, bending at the hips to stretch the side of the body.

Quad stretch

Stand with feet shoulder width apart, balance on one leg, bending the other leg behind you and pulling it towards the buttock.

Hamstring stretch

Step one leg out in front of you, bend your other leg and lean forward resting your hands on your upper thigh. Stretch should be felt in the back of the straight leg.

Inner thigh stretch

Take your legs slightly wider than shoulder width apart. Bend one knee dropping your weight to this side of the body, keeping the other leg straight.

Calf stretch

Get into a split stance, keeping heels on the floor and back leg straight. Bend the front knee until a stretch is felt in the back calf muscle.