

# Working from home?

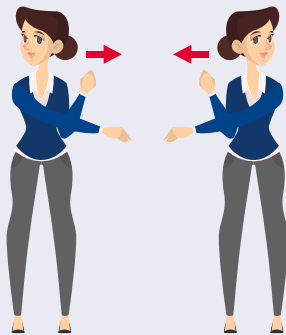
Don't forget to take a stretch break!

When sitting at a desk for extended periods of time, it's important to get up and move around as often as you can to help ease muscle/body strain and/or pain. To help you get moving, try these 5 daily stretches. If you have any trouble completing these stretches or feel that your workstation setup might be the source of your discomfort, we can help!

**Please contact your local Lifemark clinic to learn more or book an assessment.**

**Note:** These stretches should produce a comfortable stretching sensation. If you experience any sharp or shooting pain, stop and please consult a physiotherapist.

## 2 Cross-Body Shoulder Stretch



Hold one arm across your body and gently pull it toward your chest with your other hand, grabbing above your elbow. Ensure that your elbow remains below your shoulder. Hold for up to 30 seconds and then switch arms.

## 4 Seated Spine Twist



While seated with your feet flat on the floor, sit up straight and gently rotate your upper body, first to the right, until you feel a stretch, and then to the left. If your desk chair has arms, you can hold onto them for a deeper stretch. Hold each side for up to 30 seconds.

## 1 Wrist Flexion and Extension



(stretch into flexion)



(stretch into extension)

Extend your arm in front of you with your palm facing the floor. Gently pull your fingers down and back with your other hand and hold for up to 30 seconds. Repeat this with your palm facing the ceiling and gently pull your fingers up and back. Hold for up to 30 seconds and then switch arms.

## 3 Low Back and Chest Stretch



Stand with your hands on the arch of your back. Pull your shoulders back and arch your back further until you feel a stretch in your lower back and chest. Hold for up to 30 seconds.

## 5 Neck Stretch



Sit up straight and tilt your head to the left. Gently pull your head with your left hand so your ear moves toward your shoulder. Hold for up to 30 seconds and then switch to your right side.