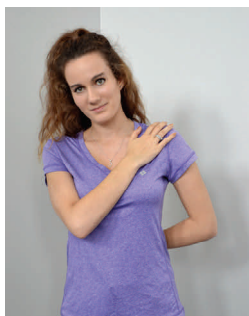


UOW Well@Work

YOUR DESKERCISE ROUTINE



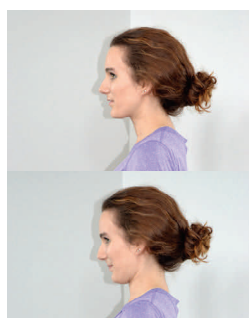
Slow Neck Stretch

Place your right hand on your left shoulder and your left arm behind your back. Gently hold the shoulder down while bending your head towards the right shoulder. Hold and repeat for the left side.



Forearm Flexor Stretch

Hold right arm out at shoulder height, palm out. With left arm, pull gently on fingers of right hand, keeping the right elbow straight. Hold for 10 seconds and repeat with left arm.



Chin Tuck

Look straight ahead. Pull your chin in so that you make a double chin. Do not drop your head forward. Hold for 5 seconds and repeat 10 times.



Shoulder Stretch

Keeping your right arm straight and your shoulder relaxed, pull your arm across your body at shoulder height and hold for 15 seconds. Repeat on the other side.



Posture Stretch

Stand up straight with your feet shoulder width apart. Tuck in your chin and place your hands just below the hollow of your back. Push your back to arch over your hands.



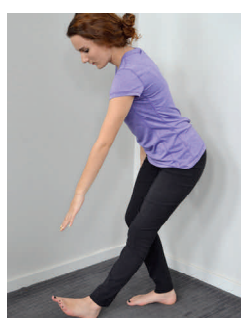
Gluteal & Abductors

Place your right foot over your left knee, keeping your left foot flat on the floor. Keeping your back straight, gently push your knee into the chair. Hold for 15 seconds and repeat.



Quad Stretch

Using a chair, desk or wall for balance, take your heel towards your bottom, keeping your knees together and your back straight. Hold where you feel a stretch in your thigh and repeat on the other side.



Hamstring Stretch

Simply bend forward at the waist, keeping the back straight and knees together. Try to touch the toes but do not strain to do so. Hold for 10 seconds and repeat on the other leg.



Chest Stretch

Stand with your palm placed flat against a wall or door-frame. Step forward and rotate your body away from your arm. Hold for 10 seconds and repeat on the other side.



Back Twist

Plant your feet shoulder width apart on the floor. Take the right arm and place on left knee. Twist towards the right. Hold for 10 seconds and repeat on the other side.

Please note exercises should only be undertaken using correct technique, stretching to moderate tension. If in pain or discomfort stop immediately and seek professional help and instruction.