

Easy Stretches for the Office

Seating at an office desk all day can lead to hunching the shoulders, back pain, headaches, tension and tightness in your back, neck and shoulders.

Throughout the day take some time out to stretch, improve flexibility and re energise the body.

1. Chest Elevation

In a chair, have your arms at your sides and your feet flat on the floor. Gently raise your chest toward the ceiling, but don't look up. Your chin should remain parallel to the floor. Hold this position for 10 seconds, then relax, and repeat 5 to 10 times.

2. Scapula Retraction

In a chair, have your arms at your hips and your feet flat on the floor. Squeeze your shoulder blades together. Hold for 10 seconds, then relax, and repeat the sequence 5 to 10 times.

3. Upper back and Scapula

To strengthen the rhomboids, stand upright. Clasp your hands behind your head. Flex your elbows back while pinching your shoulder blades together. Hold for 10 seconds, then relax, and repeat 5 to 10 times

4. Rhomboid

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5. Corner Chest Cstretch

Stand facing the corner of a room. Raise your hands to shoulder height, and place your forearms, elbows, and hands against each wall. Lean inward to stretch your chest muscles. Hold for 10- 15 seconds.

6. Spinal Twists

In a chair, with the feet flat on the floor, contract the abs and gently twist the torso towards the right, using your hands to help deepen the stretch. Only twist as far as you comfortably can while keeping the back straight and hips square. Hold for 10-30 seconds and repeat on the other side.

7. Neck Stretch

In your chair, reach down and grab the side of the chair with the right hand and gently pull while tilting your head to the left. You should feel a stretch down the right side of the neck and shoulder. Hold for 10-30 seconds and repeat on the other side.