

TO SIT OR STAND?

TOP 5 STRETCHES
FOR OFFICE
WORKERS

FEEL BETTER

MOVE BETTER

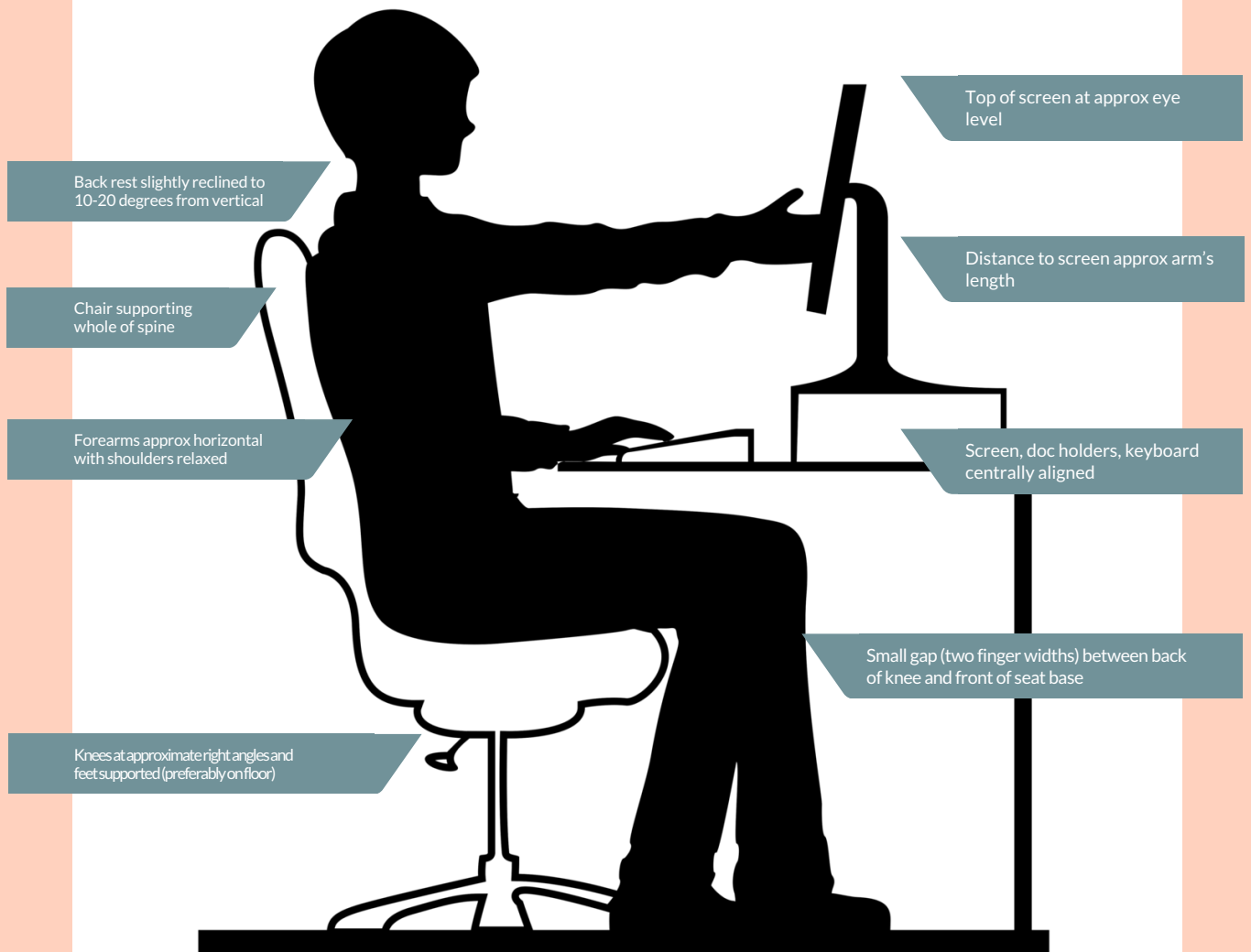
PERFORM BETTER



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SEATED DESK SETUP

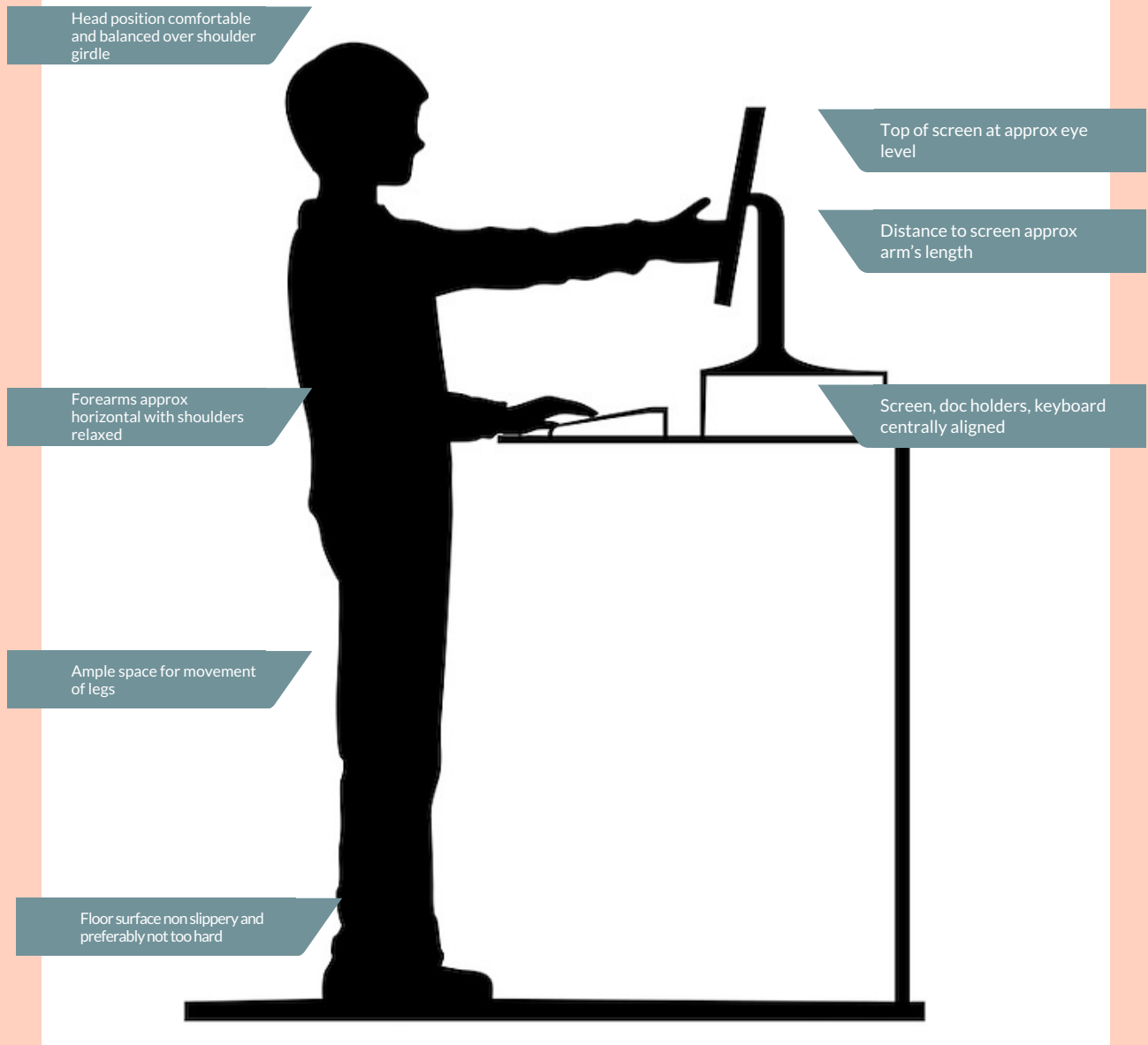


SITTING POSTURE TIPS

Further notes and tips:

- The above principles are flexible to individual variation – we are all slightly different shapes and sizes. Variations in eye sight also influence our position.
- Use a mouse that feels comfortable (different shapes and angles for holding these are possible) and keep the mouse within close reach.
- Footrests are a plan B when a desk is too tall and cannot be adjusted (adjusting desk height to suit you is preferable).
- Using the desk front to support forearms during keyboarding can help reduce neck tension.
- Check your posture and set up every time you sit down.
- Try sitting for no longer than 20 minutes at a time and **STRETCH** between patients

STANDING DESK SETUP



STANDING POSTURE TIPS

Further notes and tips:

- Taking breaks to sit down is recommended regularly (every 30 mins ideally).
- A wide base of support helps spread the weight bearing load of the legs.
- Set up storage of objects used in the work role in easy to reach places (stationary, documents, etc.) to avoid the need to bend or twist the spine.
- Aim to wear flat shoes when working at a standing desk or take of high heels when standing.
- Check your posture regularly and **STRETCH** between patients

TOP 5 STRETCHES FOR THE OFFICE



Diagonal Neck Stretch.

Draw nose to right arm pit, gently pull head forward and feel on 'corner' of neck.

HOLD for 15-30 secs and swap sides.



Chest Stretch. Place your forearm onto the wall, rotate forward and away from wall and feel across chest.

HOLD for 30 secs and swap sides.



Standing Stretch. Stand every 20 mins, Once an hour stand up extend back and stretch.

Perform once every 20-60 mins, recheck posture when you sit down.



Seated Glute Stretch.

Place right ankle on left knee, lean forward and feel in right glute.

HOLD for 30-45 secs and swap sides.



Standing Quad Stretch.

Hold left ankle in right hand and pull heel to bottom. Feel stretch in left quad.

HOLD for 30-45 secs and swap sides.



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