

# MOTIVATE THE OFFICE

TOP 5 STRETCHES &  
STRETCH POSTERS  
FOR THE OFFICE

FEEL BETTER

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MOVE BETTER

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PERFORM BETTER



CORPORATE HEALTH

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e:info@benefitcorporatehealth.com.au

p: 0410866694

# Here is your chance to motivate the office!

Page 1-Top 5 Exercises for workers who sit at a desk.

This is great for each worker to have at their desk.

Page 2 and 3 Are stretches which work well in front of a  
photo copier/printer or in coffee preparation area.

*If you can get everyone involved, you can motivate each  
other to feel better and move better!*



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# 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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# REMEMBER TO STAND EVERY 20 MINS

WE CAN HELP YOU  
ORGANISE AND RUN  
PILATES OR YOGA  
CLASSES IN THE  
OFFICE



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## HIP FLEXOR STRETCH

**Tight hip flexor(quadriceps/psoas) muscles will:**

- Tight hip flexors can tilt of your pelvis which can affect your low back and knee alignment
- Increase Low back pain
- Can affect knee cap alignment

### **HOW TO STRETCH YOUR HIP FLEXORS:**

Set up: Hold your left foot in your hand

Exercise: Pull your heel back, push your foot into your hand, activate your bottom, feeling the stretch in your hip and thigh

Hold/Reps: Hold for 30-45 secs, swap sides, perform 2x daily



# CHECK YOUR POSTURE AND DESK SET UP EVERY HOUR



WE CAN HELP YOUR  
BUSINESS INCREASE  
PERFORMANCE AND  
DECREASE SICK LEAVE

## CHEST STRETCH



### **Tight chest(pectoral) muscles will:**

- Create a forward slumped posture
- Tighten neck and shoulder muscles
- Increase shoulder injuries, eg. shoulder bursitis
- Increase headaches

### **HOW TO STRETCH YOUR CHEST:**

Set up: Place your forearm against the wall or a door frame

Exercise: Lean forward and away from arm, so you can feel a stretch in your chest

Hold/Reps: Stretch for minimum 30 secs at least 2x daily