MOTIVATE THE OFFICE OP 5 STRETCHES & STRETCH POSTERS FOR THE OFFICE FEEL BETTER **MOVE BETTER** PERFORM BETTER "benəfit/ CORPORATE HEALTH

physiotherapy | pilates | ergonomics

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!



FEEL BETTER

MOVE BETTER

PERFORM 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.





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

HIP FLEXOR STRETCH

Tight hip flexor(quadriceps/psoas) muscles will:

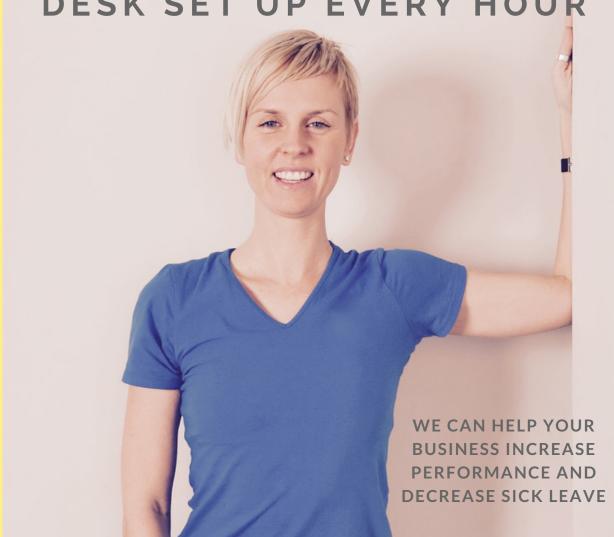
- Tight hip flexors can tilt of your pelvis which can affect your low back and knee alignment
- Increase Low back pain
- Can affect knee cap alignment

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



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