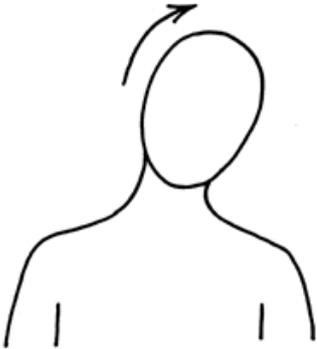


Workable Solutions

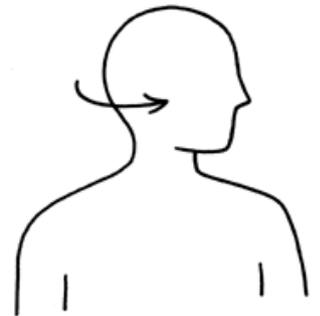
Tel: 01962 732808

info@workablesolutions.co.uk

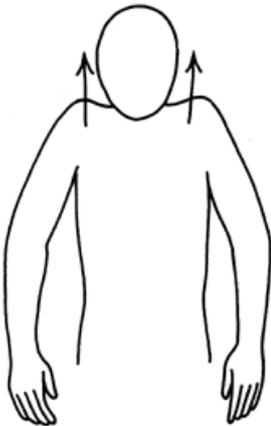
'Desk-ercises'



Sit or stand upright. Slowly drop your head to the left, trying to touch your left ear to your left shoulder. Do not elevate your shoulder to your ear - keep your shoulder in a relaxed position. Hold for 5 - 10 seconds. Repeat 3 - 5 times. Repeat on the right side.



Sit or stand upright. Slowly turn your head to the left until you feel a stretch. Hold for 5 -10 seconds. Repeat 3 - 5 times. Repeat on the right side.



Raise your shoulders towards your ears until you feel a slight tension in your neck and shoulders. Hold for 5 -10 seconds. Slowly release your shoulders downward to their normal position. Repeat 3 - 5 times.

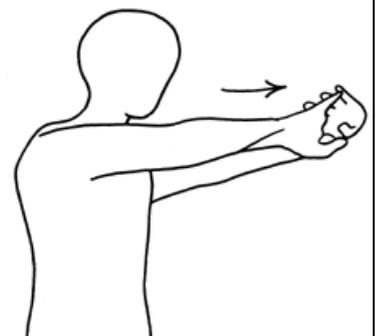


Interlace fingers. Turn palm upwards above your head as you straighten your arms. Stretch and hold for 5 -10 seconds. Repeat 3 - 5 times.



Slowly roll your shoulders backward five times in a circular motion. Slowly roll your shoulders forward five times in a circular motion.

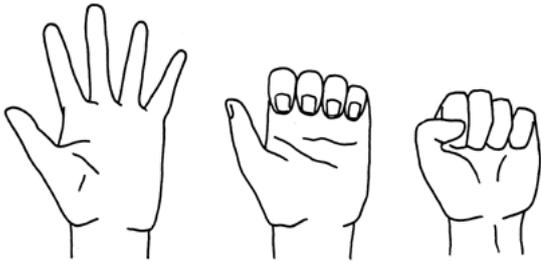
Interlace fingers. With palms facing out, straighten arms out to the front of you. Hold for 5 -10 seconds. Repeat 3 - 5 times.





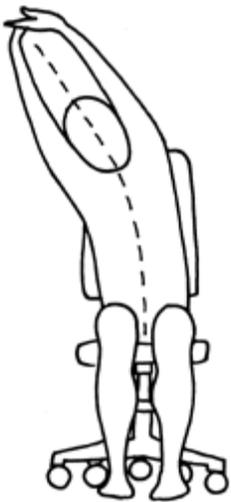
Interlace fingers behind head. Keep elbow straight out to side. Move shoulder blades toward each other. Hold for 5 - 10 seconds. Repeat 3 - 5 times.

Hold left elbow with right hand. Gently pull elbow behind head until you feel a stretch. Hold for 5 - 10 seconds. Repeat 3 - 5 times. Repeat with other arm.



Palms facing the ceiling. Separate and straighten your fingers. Hold for 5 - 10 seconds. Bend your fingers at the knuckles. Hold for 5 - 10 seconds. Make a fist. Hold for 5 - 10 seconds. Straighten your fingers. Repeat 3 - 5 times.

Sit upright. Grasp the left knee. Lift left foot off the floor. Bend forward (curling the back), bringing your nose toward the knee. Repeat 3 - 5 times. Repeat with right leg.



Sit or stand upright. Interlace fingers and lift arms overhead. Keeping the elbows straight, press arms as far back as you can. Slowly bend to the left side until you feel a stretch. Hold for 5 - 10 seconds. Slowly bend to the right side until you feel a stretch. Hold for 5 - 10 seconds. Repeat 3 - 5 times.

Sit with left leg across right leg. Rest elbow or forearm of right arm on the outside of the left upper thigh. Gently apply pressure with right elbow or forearm towards the right. As you apply pressure, look over your left shoulder. Hold for 5 - 10 seconds. Repeat 3 - 5 times. Repeat with the other side.

