

Office Worker Stretches

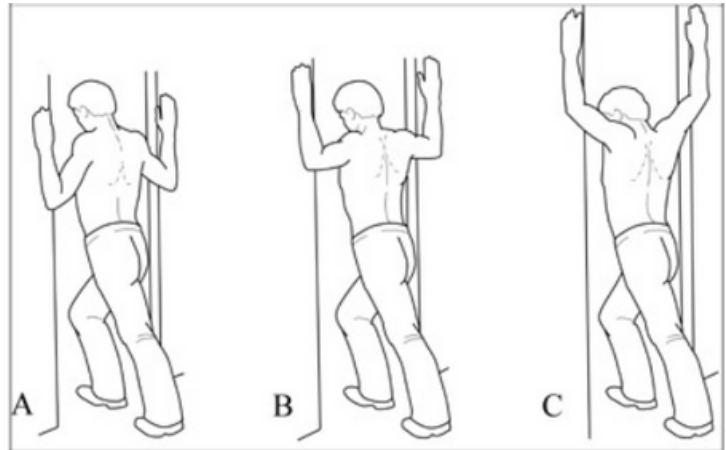


Open that chest up!

Being hunched over a computer or a phone all day can shorten the muscles in your chest, we can stretch and relax your shoulders all we want but if these muscles are tight then they will pull your shoulders right back to where we don't want them!

Clasp your hands behind your back, look up and hold for 30 secs or longer if it feels good.

In a door way place your hands and forearms against the door frame and step forward. Moving your arms at various heights stretches different areas.



Arms reaching overhead and reaching as high as you can, hold this then lean to one side and hold and then the other side. Opening up your rib cage and lengthening your sides.



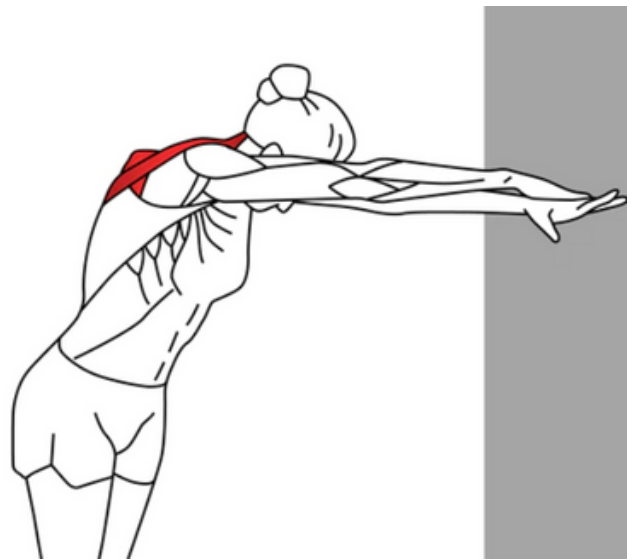
Office Stretches



1. Gently pull your head toward each shoulder until a light stretch is felt.
2. Hold the pose for 10 to 15 seconds.
3. Alternate once on each side.

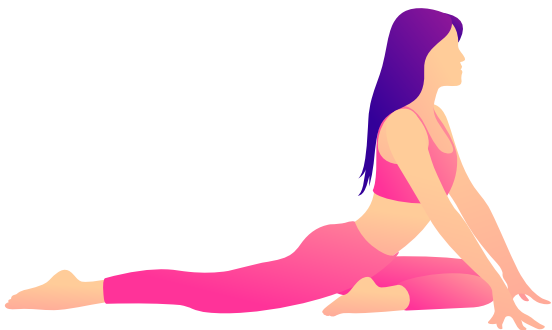
This stretch is also known as the rhomboid upper or upper back stretch.

1. Clasp your hands in front of you and lower your head in line with your arms.
2. Press forward and hold for 10 to 30 seconds.



Pidgeon Pose

- From all fours, bring your right knee forward towards your right wrist. Depending on your body it may be just behind your wrist or to the outer or the inner edge of it.
- Experiment with what feels right for you, giving you a stretch on your outer hip without any discomfort in your knee.
- Your right ankle will be somewhere in front of your left hip.
- Slide your left leg back and point your toes, your heel is pointing up to the ceiling.
- Scissor your hips together, by drawing your legs in towards each other. Use some support under your right buttock if needed, to keep your hips level.
- As you inhale, come onto your fingertips, lengthen your spine, draw your navel in and open your chest.
- As you exhale, walk your hands forward and lower your upper body towards the floor. You can rest your forearms and forehead on the mat.
- Stay for 5 breaths or longer.



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stretch your hip flexors as these can shorten when sitting too much.

1. stand up straight with your arms at your side.
2. Place your hands on your hips or on your forward knee.
3. Take a step forward with your right foot so you are standing in a split stance.
4. Lower your right knee so it is at a 90-degree angle. Your left leg is extended straight back behind you.
5. Hold the stretch for 20-30 seconds.
6. Release and repeat on the other side.

The main thing with these is consistency. Don't go hard and do these daily but only for two weeks to never do them again. If it stops hurting it means its working not that it won't come back so ensure you carry them on to keep your posture healthy. Try doing ten minutes a week. once this becomes a habit maybe add another ten-minute session in a week. Do some stretches whilst waiting for the kettle to boil, whilst watching TV at night or whilst you are waiting for the zoom call to start.

Try these for ideas if you find another one you love let me know!

<https://www.youtube.com/watch?v=vRQdJQ3Xhzk>
<https://www.youtube.com/watch?v=XZM1xiY9jOw>
<https://www.youtube.com/watch?v=EBxV9YDEtAk>
<https://www.youtube.com/watch?v=kdLSJuzRNUw&t=10s>

sources: <https://www.verywellfit.com/best-stretches-for-office-workers-1231153>

<https://www.bupa.co.uk/newsroom/ourviews/desk-stretches>

