





DESK OR TABLE STRETCHES

If you sit a lot, this activity plan is for you. These stretches will help with muscle tension and soreness caused by prolonged sitting.

 Break them into 5 minute sessions that you can spread throughout your day. Set a reminder on your phone for each session.

 Start slowly and be gentle. Ease into each stretch and listen to your body. If you experience any intense sensation or pain, stop that particular movement.

If you have any concerns or questions about your health before undergoing this activity, please consult with a physician or health-care professional first.

Ankle circles (seated)



Help increase blood flow.

- Plant your left foot on the ground and hover your right foot off the ground. Imagine your big toe is a pencil, and you want to draw the perfect circle.
- Draw a clockwise circle 5 times, followed by an anti-clockwise circle 5 times.
- Repeat on the other side.
- Repeat throughout the day.

Shoulder rolls (seated)



Strengthen your shoulders and upper back to improve your posture.

- Place your feet evenly on the ground and relax your hands in your lap.
- Slowly draw your shoulders up towards your ears, and then behind you as you drop them back down.
- Continue to take 10 shoulder rotations in this way, thinking about lightly squeezing your shoulder blades together as you draw them back.

Chest stretch (standing)



- Stand next to a desk or table, with your feet hip width apart.
- Clasp your hands together behind your back, interlocking the fingers.
- Roll your shoulders back and aim to straighten your arms and push your clasped hands towards the ground. Hold for 20 – 30 seconds.
- (If you are unable to clasp your hands in this way due to tightness you can hold a tea towel in both hands behind your back and slowly work your hands closer together).

Calf stretch (standing)



- Stand behind a chair (you can hold onto it for support) with your feet hip width apart and toes pointing forward.
- Slowly lift your heels off the ground and come as high onto your toes as you are able.
- Slowly lower yourself back down.
- Complete 10 times. If you want to energise yourself, you can lift and lower 10 times at a quicker pace.

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Head circles (seated)



Alleviate tension in your neck, jaw and shoulders.

- Plant your feet evenly on the ground and relax your hands in your lap. Allow your shoulders to relax.
- Slowly, use your nose to draw a small clockwise circle.
- On the next rotation, increase the circumference of the circle.
- Complete 5 rotations, increasing the circumference of the circle with each rotation.
- Repeat in the opposite direction.
- Do them at regular intervals throughout the day.

Trunk rotation (standing)



Alleviate muscular tension from sitting at a desk for long periods of time.

- Stand next to a desk or table with your feet hip width apart and your hands on your hips.
- Begin to rotate to your right. Your feet should not move, and your hips should stay facing forwards.
- To deepen the rotation, look over your right shoulder so that the whole length of your spine is involved.
- Then, slowly turn to your left and repeat.
- Complete 3 – 5 times on each side, holding for 5 – 10 seconds when you are at your maximum rotation.

Wrist stretch (seated)



Regular wrist stretches will help eliminate the risk of RSI (repetitive strain injury).

- Extend your right arm in front of you so it is completely straight, with your palm facing away from you (as if you were about to wave 'hello').
- Use your left hand to gently pull your right fingers back towards you. Hold for 20 – 30 seconds.
- Then, keeping the right arm extended point the fingers towards the table (like a 'zombie' arm). Use your left hand to pull your fingers towards you. Hold for 20 – 30 seconds.
- Repeat stretches on the other side.

Spinal stretch (seated cat and cow stretch)



Move your spine daily to help maintain flexibility.

- Place your feet evenly on the ground and place your hands on your knees.
- Keep hold of your knees as you tuck your chin to your chest and simultaneously scoop your tail bone towards the edge of your chair (your spine should be in a 'rounded' position).
- Then, reverse the action by pushing your chest forward, looking towards the ceiling and lifting your tail bone in an upwards direction.
- Complete this 5 – 10 times.
- Holding onto your knees will allow you to stretch with more depth.