

Daily stretches for staff



Contribute to your own health, safety and wellbeing by stretching during your work day.

- Avoid bouncing while stretching and if you feel pain, please stop the stretch.
- If your doctor or therapist has provided you with stretches, continue to do them instead of the ones in this poster.

Gently hold each stretch for 10-20 seconds

NECK

1. Bring your neck down to your chest.



2. Look up and tilt your head back.



3. Turn your head and look down at your shoulder.



WRISTS

1. Hold one arm straight out in front, bend your wrist up and hold with your other hand.



2. Bend your wrist down and hold with your other hand.



CHEST

1. Pull one arm across your chest and hold with your other hand.



3. Link your fingers behind your back, look up and pull your arms back.



BACK

1. Link your fingers, stretch your arms out in front, tuck in your chin and hunch your back.



2. Tuck in your chin and run your hands down to your knees slowly, while arching your back.



LEGS

1. Put one leg straight out in front, plant your heel and lift your toes. Bend your other knee and put your hands on your thigh.



2. Put one leg in front of the other, keep your back leg straight with your heel on the ground. Bend your front knee and lean forward.

