

Deskercises



Sitting down for too long can cause strain on our muscles, joints and bones. Aches and pains can affect your comfort levels in the short term but could also lead to long-term problems such as musculoskeletal disorders. It's important to take breaks from sitting and to practice regular stretches to ease pains and prevent long-term injuries. Try the below deskercises throughout the day to keep your body moving and give it a well-deserved stretch.



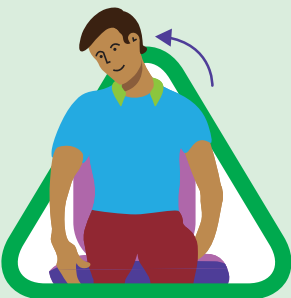
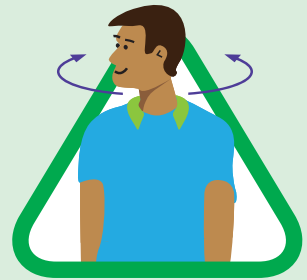
Sitting Properly

Ensure your screens are at eye level and about an arm's length away from you. Check the height of your chair and desk are appropriate for your height – the keyboard should be below your elbows, and you should be able to have both feet on the ground. Sit upright against your chair for maximum support. If you feel there could be adjustments made to your desk arrangement, don't hesitate to speak to the appropriate person.

Neck Rotations

Repeat 3-5 times each side

With your head held upright, simply twist your neck to turn to the left, back to the centre and then to the right. Looking past your shoulder each time (if possible). As you feel the muscles on your neck stretch, hold it for around 5 seconds before returning to the centre and onto the other side.



Upper Shoulder & Neck Stretch

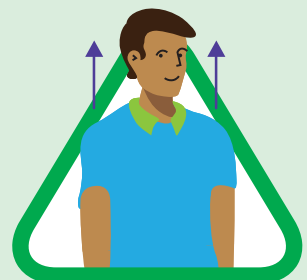
Repeat 3-5 times each side

Whilst sitting on one hand, tilt your head away from the hand you are sitting on. This will stretch the muscles in your shoulder and neck. Aim to hold each stretch for 10 seconds.

Shoulder Rolls

Repeat 6-10 times

Focusing on your shoulders now, bring them up towards your ears, roll them backwards and back down to their regular position. The tension experienced in bringing your shoulders upwards will be released as you let them fall.





Overhead Shoulder Stretch

Repeat 3-5 times

With your hands above your head, link your fingers together and push your palms to the sky. Extend your arms as far as comfortable. This extension exercise will stretch your shoulders and arms. Hold for 5 seconds each time.

Posterior Shoulder Stretch

Carry out once each side

Stretch one arm across your body and hold it into your chest with your opposite hand. This will gently stretch your upper arms and shoulders. Hold for around 30 seconds each side.



Seated Back Extensions

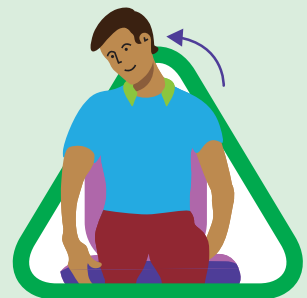
Repeat 3-5 times

While sitting straight in your chair and your feet together on the floor, place the palms of your hand into the arch of your back and lean in towards your hands. This will give your lower back a good stretch. Hold for as long as you feel is necessary.

Backward Shoulder Extensions

Repeat 3-5 times

Stand at your desk and move your arms behind you. Grasp your hands together at your lower back and slowly lift your arms. You will feel a stretch in the anterior and posterior muscles in your shoulders. Aim to hold each rep for 5-10 seconds.



Seated Torso Twist

Repeat 3-5 times

While sitting straight in your chair, cross both hands over your chest and hold onto each shoulder. Twist your upper body to left and then the right as far as comfortable. This will stretch out your sides and lower back. Aim to hold for 3-5 seconds each side.