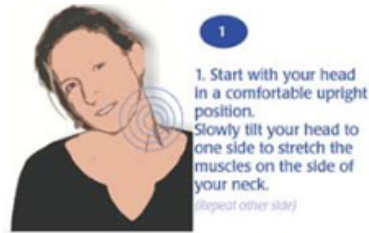


Home Office Stretches

The following exercises are recommended to reverse a posture you are working in and to relax your muscles (refer: www.acc.govt.nz). It's also recommended to take micropauses (10 second rests every 3-5 min) while keying.



1. Start with your head in a comfortable upright position. Slowly tilt your head to one side to stretch the muscles on the side of your neck. *(Repeat other side)*



2. From a stable upright sitting position, with your chin tucked in, turn your chin towards your left shoulder to create a stretch on the right side of your neck. *(Repeat other side)*



3. Tuck in your chin and turn your neck 45 degrees to the left. Gently pull your head down towards your left armpit with your hand. *(Repeat other side)*



4. Raise the top of your shoulders towards your ears until you feel slight tension in the neck and shoulders, then relax your shoulders downwards into their normal position. In a relaxed way, roll your shoulders backwards and forwards.



5. Keep your chin tucked in. With fingers interlaced behind your head, keep the elbows straight out to the side with the upper body in a good upright position. Now pull your shoulder blades towards each other. Lean over the back of your chair to extend your upper back.



6. Hold your right elbow with your left hand, then gently pull your elbow behind your head until an easy tension-stretch is felt in your shoulder or along the back of your upper arm. *(Repeat other side)*

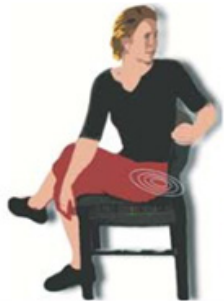


7. Interlace your fingers behind your back. Slowly turn your elbows inward while straightening your arms. (Feel a gentle stretch across your chest and shoulders.)



8. Interlace fingers, turn palms upwards above your head as you straighten your arms. Think of elongating your arms as you feel a stretch through your arms and on upper side of your rib cage.

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9. A stretch for the side of your hip, lower and middle back. Sit with your left leg bent over right leg, then rest your elbow or forearm, of your right arm, on the outside of the upper thigh of your left leg. *(Repeat other side)*



10. Drop your arms by your sides. Rotate your shoulders to turn your elbows and hands outwards and inwards.



11. Turn your palm face up with the elbow straight. Apply a gentle stretch with your opposite hand, to extend your wrist and fingers. *(Repeat other side)*



12. Turn your palm face down with your elbow straight. Apply a gentle stretch with the opposite hand to flex your wrist and fingers. *(Repeat other side)*