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Simple Office Stretches

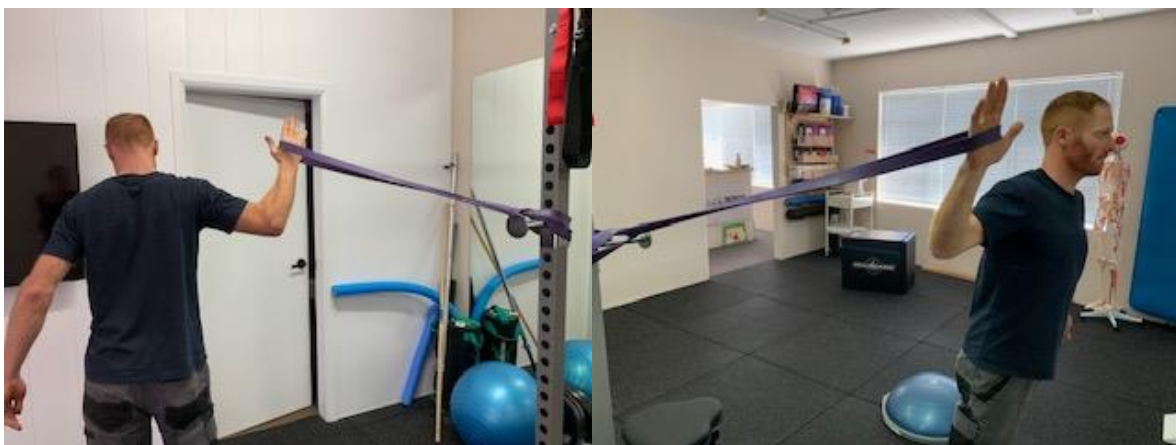
The human body wasn't designed to sit still, combat common aches and pains with this simple stretch routine. We have offered suggestions for how long to sustain each stretch however this is only a guide and you should hold each stretch until you feel a change. Stretches should always be comfortable and never cause acute pain.

Lastly, make these a habit. Set a timer if you need to! A simple seated rotation every 15mins lubricates your joints and prevents muscle tension from building up during the work day.



Standing McKenzie Extension.

Place hands on your waist, keeping your tummy relaxed gently press your hips forward. No need to hold however repeat up to 10 times.



Banded Pec Stretch.

Fasten the band on a 45° angle behind you. The stretch should be felt across the front of your chest and not in your neck. Hold for 30sec.



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Banded Lat and Upper Back Stretch.

Hold band fastened in front and diagonally in front of you, keep your arms straight and drop your head pulling slightly toward one side. Repeat each side and hold 30 sec.



Pec / Lat Stretch.

Alternatives without theraband.



Seated Spinal Rotations.

Exaggerate your posture, rotate to the right and using the side of the seat (or arm of the chair) hold the stretch for 30sec. Repeat each side.



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Band Calf / Ankle Stretch.

Sitting up tall, band around forefoot keep some bend in your knee. Apply tension to the band until you feel a stretch in your calf area. Hold for 30sec and repeat.



Banded Spinal Stretch.

Stand up tall, arms overhead applying as much tension as you can manage on the band. Bend sideways until you feel a stretch down your side. Repeat each side.



Banded Chest Stretch.

Hold each position. When overhead, look up toward the band.

You can progress this exercise by placing the band behind your shoulders, across your upper back and repeating.