

# Stretch at your desk

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**Whether you work indoors or outdoors, remaining still for too long can lead to pain and injury.**

Stretching is a good way to improve your flexibility and muscle soreness. Concentrate on slow, sustained stretches and hold each stretch for 10 to 20 seconds.

Here are six simple stretches.

## Neck rotation

1. stand tall with feet shoulder width apart
2. gently rotate head to the side until you feel resistance in the neck
3. hold position for a count of two
4. turn head to other side as above

Repeat five times on each side





### Shoulder rotations

1. stand tall with feet shoulder width apart
2. put palms together and interlink fingers
3. keep arms straight, lift hands above head until resistance is felt in the shoulders
4. hold for a count of two, then lower hands to starting position

Repeat 10 times



Side bends



1. stand tall with feet shoulder width apart
2. place one hand on the hip, the other above the head with arm straight
3. stretch to the side with the hand above only until the first point of resistance in the back
4. hold for 10 seconds
5. do the same with your other side

### Wrist and forearm exercises



1. straighten your arm
2. holding your fingers, gently bend wrist up until you feel a stretch in the forearm
3. hold for 15 seconds then release
4. holding your fingers, gently bend wrist down until you feel a stretch in the forearm
5. hold for 15 seconds then release
6. repeat with your other arm

### Backwards arching

1. stand tall
2. place both hands on lower back
3. gently arch back until first point of resistance and hold for 15 seconds, making sure you don't throw your head back

Repeat three times



Heel raises

1. stand tall and hold onto something for support, such as a chair
2. lift both heels off the ground, coming up onto the balls of the feet
3. hold raise for a count of two, then slowly lower heels to the ground

Repeat 15 times.





If you're receiving treatment, have an injury or have any questions, you should check with your doctor or health professional before starting these exercises.

## Further information

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You can order our simple stretches and muscles movement for all workers flyer from our [print shop](#).

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<https://www.safework.nsw.gov.au/resource-library/six-simple-stretches>

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