

## Working from Home Exercises (and/or for desk based staff)

Occupational Health Physiotherapy

Pause, refresh, invigorate



Physical activity should not cause any harm. If you do experience any pain or discomfort stop immediately and speak to a health professional such as a physiotherapist or a GP.

Images from [physiotec.com](http://physiotec.com) OHPHysio July2020

5. Stand and place your hands on the back of your hips  
Lean backwards to extend your upper and lower back

Repeat 5 times



6. Stand with palms together in front of you  
Keep one hand still rotate your trunk to reach looking behind you  
return and repeat on the other side. Repeat 5 each side



1.



Sit or stand  
Shrug your shoulders up  
towards your ears then  
circle them back and down.  
5 repetitions

2.



Stand up and sit down slowly

or



Place hands on your hips  
to squat down and up  
Repeat 5 times

3. Step forwards with one leg  
Lunge down keeping your back straight 5 times.  
Repeat 5 times on the other leg.



4. Stand next to a chair or wall  
Stand on 1 foot and raise up onto  
your toes,  
Repeat 5 times each leg

