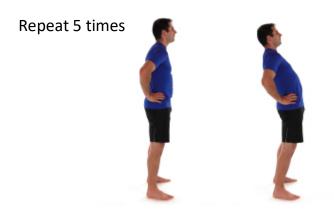


5. Stand and place your hands on the back of your hips Lean backwards to extend your upper and lower back



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



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 OHPhysio July2020

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 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

