



AT-YOUR-DESK stretches



*osteopaths*for**industry**

HEALTH RESPONSE UK

www.ofi.co.uk • 0845 094 3246 • enquiries@ofi.co.uk

Benefits of **stretching**

Stretching is a low impact method of exercise designed to increase flexibility and tone the muscles of the body. You do not have to be an athlete to enjoy the benefits of stretching.

Why Stretch?

- Improves flexibility
- Decreases the risk of injury
- Increases performance
- Addresses muscular imbalances
- Decreases physical stress
- Makes you feel better.



Before you stretch

You should be in good health to conduct these simple stretches. If you are in any doubt, seek further advice before stretching.

How to stretch

Position yourself as illustrated in each diagram. Stretch smoothly and slowly until you feel the stretch in the desired muscle. Hold for 10-20 seconds or as instructed, then release slowly. Do not force the stretch or bounce. If you feel any pain you should stop.

Health Response shall not be responsible for any injury arising from the performance of these stretches. Before attempting any of these illustrated stretches you must be in good health and if you have any doubt as to your medical condition please seek medical advice first.

1

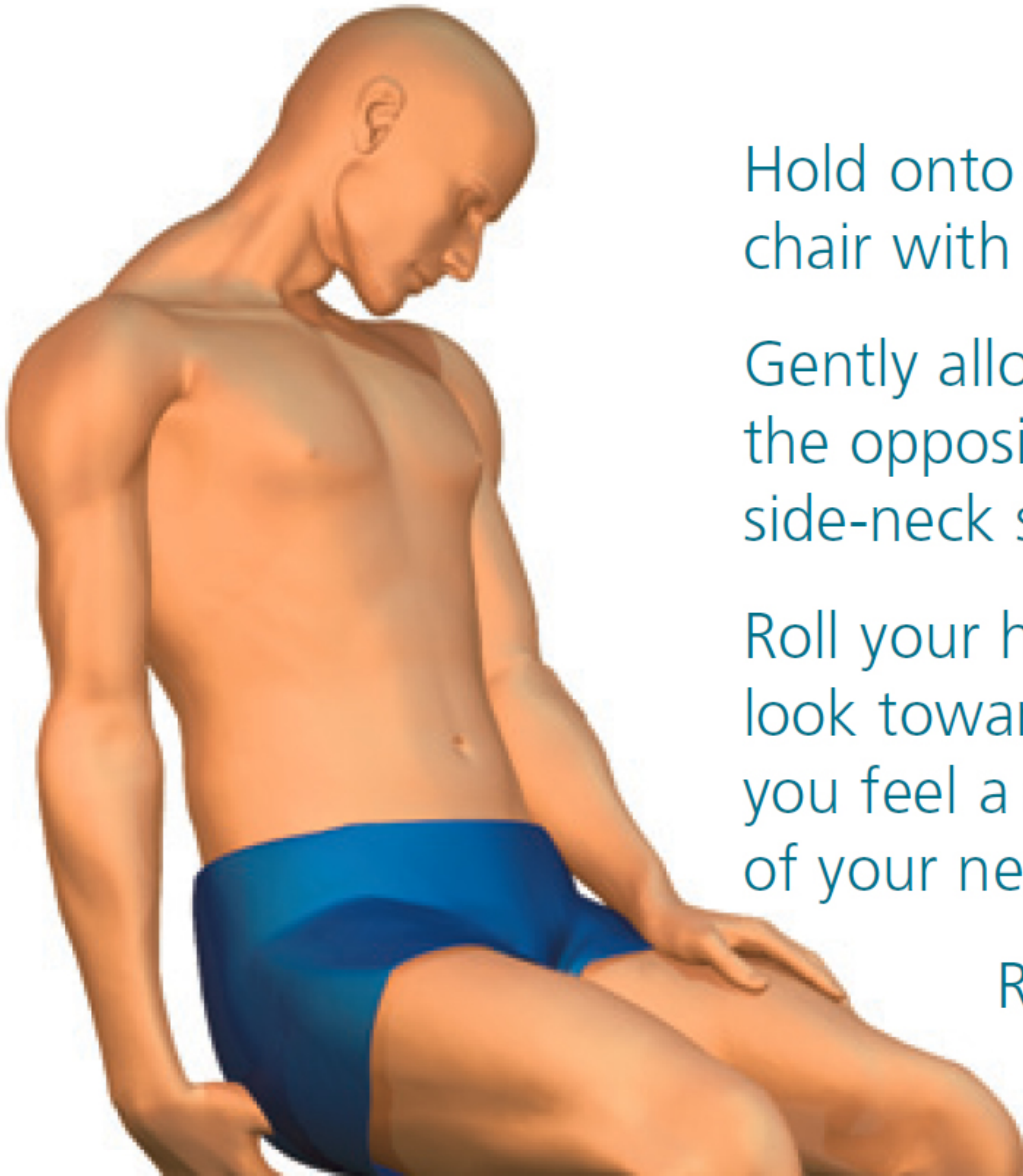
Neck stretch

Hold onto the underside of your chair with one hand.

Gently allow your head to relax to the opposite shoulder until a slight side-neck stretch is felt.

Roll your head forward slightly and look towards the same armpit until you feel a slight stretch at the back of your neck, then relax.

Repeat on the other side.

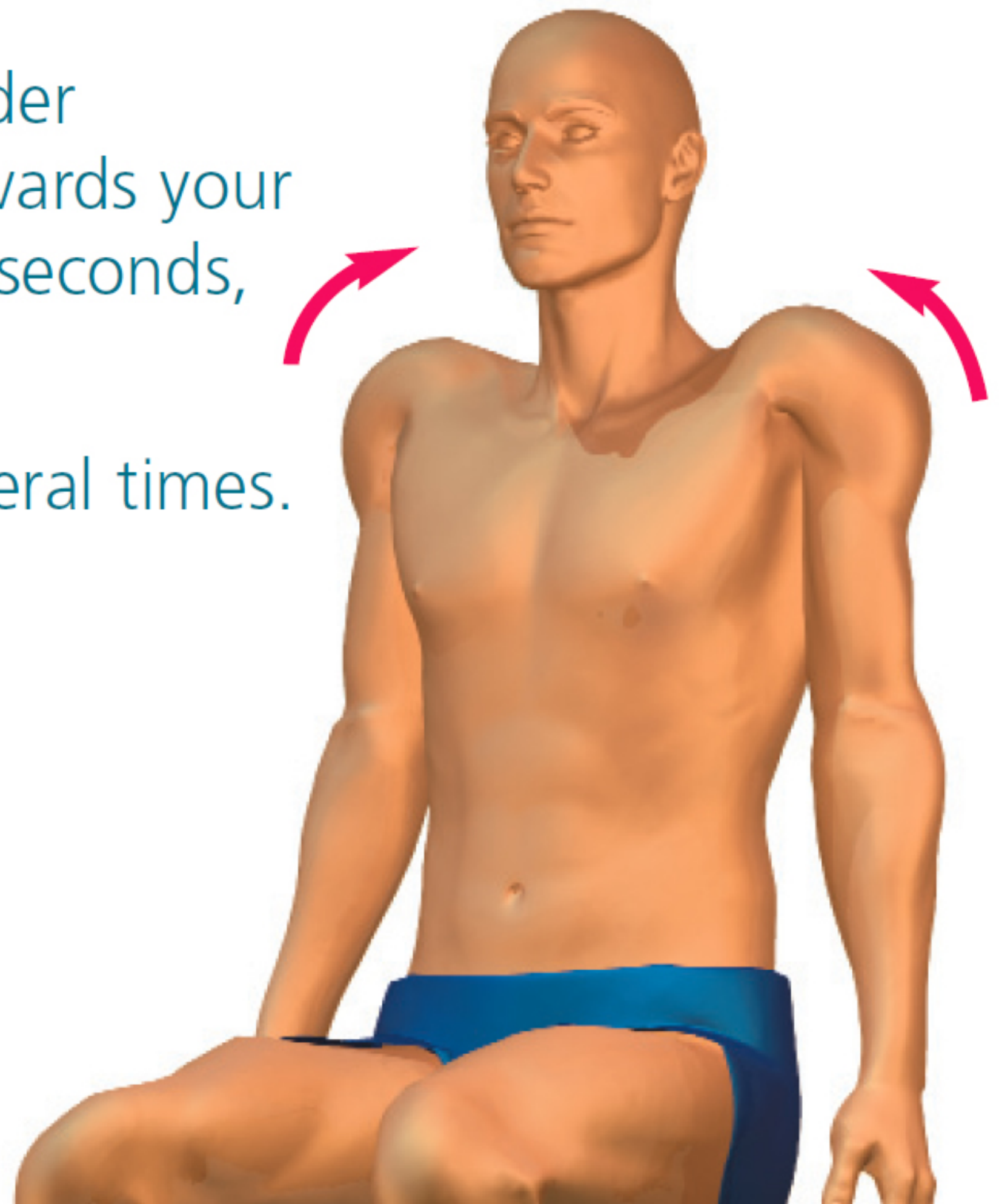


2

Shoulder shrugs

Sit upright, roll your shoulder blades down and back towards your spine and hold for several seconds, then relax.

Repeat this movement several times.

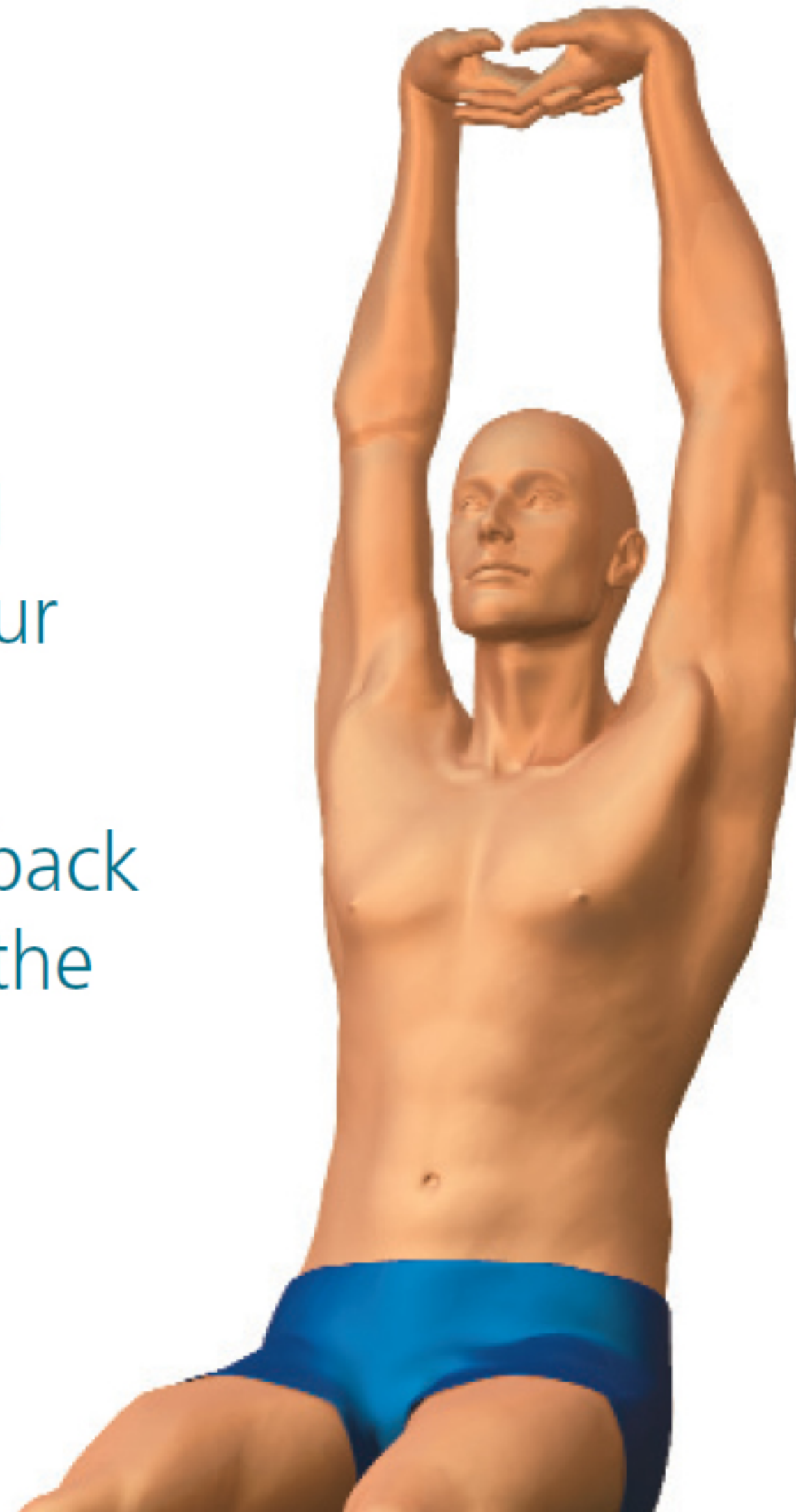


3

Reach ups

Reach your arms upwards and interlace your fingers, with your palms facing up.

Stretch upwards, and slightly back as far as you can, to increase the stretch.



4

Side bends



Interlace your fingers behind your head as shown. Make sure your feet are firmly placed in line with your shoulders.

Lean over to one side to stretch, pushing your top elbow high in to the air to increase the stretch. Hold for a few seconds, then relax.

5

Forearm stretch

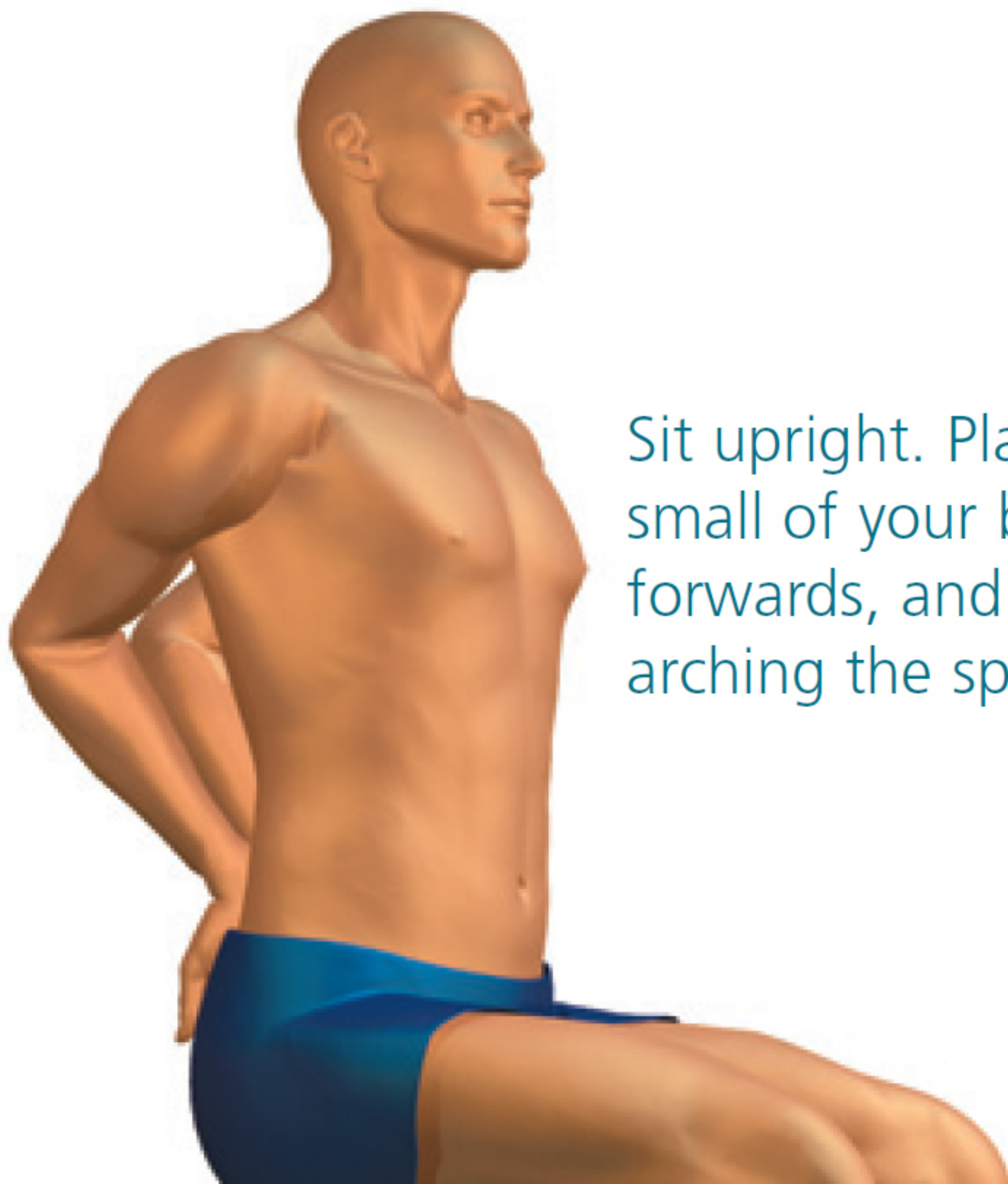
Hold a straightened arm out in front, flexing the wrist gently down towards the ground.

With the opposite hand, slowly increase the stretch felt in your forearms by moving the hand in towards yourself.



6

Back extension



Sit upright. Place your hands into the small of your back and push your hips forwards, and your shoulders back, arching the spine.

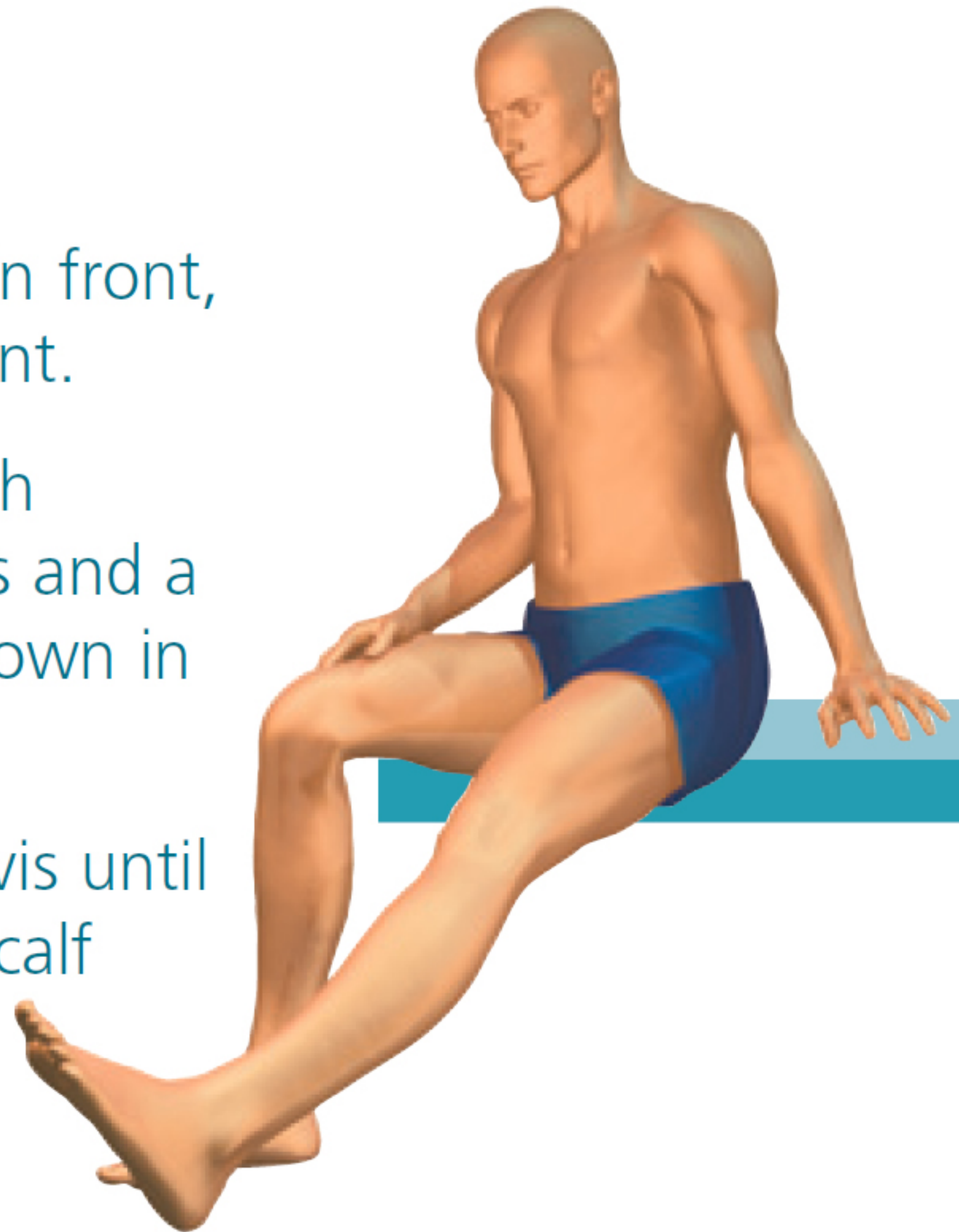
7

Seated hamstring

Place one leg straight out in front, keep the opposite knee bent.

Maintain good posture with tightened stomach muscles and a straight relaxed back as shown in the diagram.

Lean forward from the pelvis until you feel the stretch in the calf of the straightened leg.



Online workstation DSE assessment

- developed by expert osteopaths & physiotherapists
- engaging and interesting self-help advice
- unique and innovative, combining assessment and education
- intelligent management information and action alerts

Sign up online
dse.ofionline.co.uk/free-trial

Tel: 0845 094 3246



This education and assessment tool is brought to you by Health Response UK Ltd, supplier of specialist clinical services at the Lloyd's Wellbeing Centre.

Comprehensive services

A full range of musculoskeletal training, consultancy and risk management & assessment services.

Specialising in:

- Display Screen Equipment
- Manual Handling
- People Moving and Handling
- On-Line training tools including DSE Assessment and Continuous Professional Development (CPD) tools.

OFI's nationwide team of Specialist Instructors and Consultants are all fully qualified osteopaths and physiotherapists. Visit our website for more information

www.ofi.co.uk or call: **0845 094 3246**