

OFFICE WORKER ROUTINE

5

MOVEMENTS

x

5

MINUTES

x

5

TIMES A WEEK



TORSO TWIST

Hold 30 sec each side.



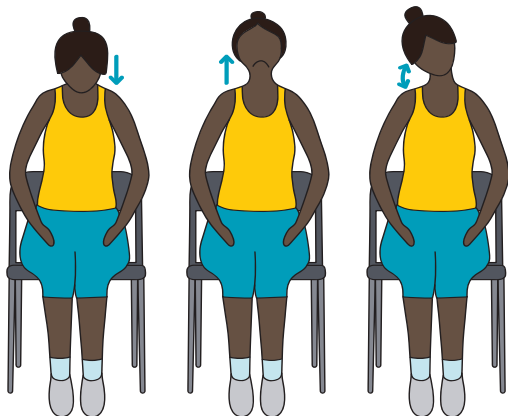
SEATED HIP STRETCHES

Hold 30 sec each side.



SHOULDER ROLLS

5 forward rolls,
5 backwards rolls.



FOUR-WAY NECK STRETCH

Hold for 10 sec each direction.



ANKLE FLEXION

Point for 3 sec, flex for 3 sec,
repeat x 3 on each side.

This routine is designed to stretch and release muscle groups used in typical desk work, and can be completed from your chair.



Government of Western Australia
Department of Health



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5 **x** **5** **x** **5**
MOVEMENTS **MINUTES** **TIMES A WEEK**

This routine is designed to stretch and release muscle groups used in typical desk work, and can be completed from your chair.

TORSO TWIST

Sit up straight with your feet on the floor. Slowly twist your torso to the right, placing your left hand on your right knee and your right hand on your right hip. Keep your chin up, and lean into the twist for more stretch. Hold that position for 30 seconds. Come back to the centre then repeat on the other side.



SEATED HIP STRETCHES

Sit up straight and cross your left ankle over your right knee. Flex your left foot towards your left knee and slightly lean forward from the hips until you feel the stretch in your left outer hip. Hold for 30 seconds, then place your foot back on the floor then repeat on the other side.



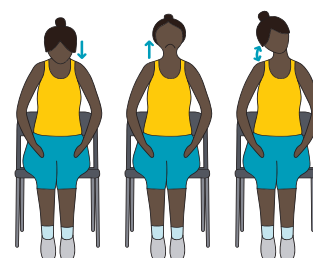
SHOULDER ROLLS

Sit up straight with your feet flat on the floor. Shrug your shoulders up to your ears and roll them back then down and all the way back around to the starting position in a smooth circular motion. Repeat this movement, making 5 full circles. Change direction and roll the other way for 5 full circles.



FOUR-WAY NECK STRETCH

Sit up straight with your feet on the floor, hands on your thighs, and shoulders down. Drop your chin to your chest and hold for 10 seconds. Return to centre. Tip head back to stretch the front of the neck and hold for 10 seconds. Return to centre. Tip head to one side and hold for 10 seconds. Return to centre. Tip head to the other side and hold for 10 seconds.



ANKLE FLEXION

Sit up straight and lift your left leg straight out in front of you, keeping your right foot flat on the floor. Flex the toes of your left foot towards you and hold for 3 seconds then slowly release the tension and point your toes away from you hold for 3 seconds. Complete 3 times and then repeat on the other side.

