

7 SIMPLE DESK STRETCHES TO PREVENT BACK & NECK PAIN



Remember whilst stretching you should not feel pain. If you do, please stop and consult your physiotherapist or osteopath to modify as needed.

Working from home? Make sure you move and stretch regularly every 30 - 45 min throughout the day to help reduce stress and stiffness that may build up from a new [working-from-home set-up](#). A good tip is to set an alarm on your phone or a reminder program on your computer.

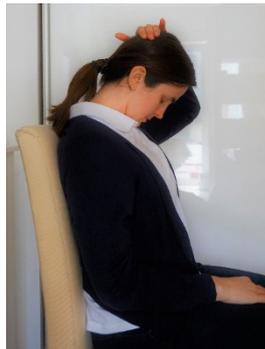
Simple stretches and mobility exercises can be integrated into your working day, avoiding and easing the aches and pains associated with sitting or static standing for long periods and being sedentary.

Every 30 to 45min

Get up &
Move around

Move out of the house/office or
go up and downstairs or
walk on spot...
and
Stretch!

1. Neck Stretch in Flexion



2. Neck Stretch Side bend



3. Thoracic rotation stretch



4. Shoulder & Chest stretch



5. Lumbar stretch in Extension



6. Trunk Side bend stretch



7. Wall Angel 1



Wall Angel 2



You can find more [Desk exercises](#) from the the Chartered Society of Physiotherapy

Seek advice and posture screening from our team of Physiotherapists and Osteopaths Call 020 72282141 or battersea@physio4all.com or [click here to book or for enquiry](#)

1. Neck Flexion

Bend head forward, holding gently with your hands and gradually stretching out the upper part of the neck. Keep the back and shoulder regions as upright as possible to stretch the muscles at the back of the neck. Hold 15-20 seconds.

2. Neck Side-Flexion

Place palm of right hand above left ear. Keep the nose pointing forward while you gently pull the head to the right, stretching the side of neck. Keep the shoulder leveled. You should feel the stretch to your neck on the same side of your hand. Hold 15-20 seconds and then repeat to the other side.

3. Shoulder and Chest stretch

Standing in good posture, clasp your hands behind your back (over chair back if seated) and squeeze your shoulder blades together, keeping a long neck and engaging your tummy muscles. It can be more effective if you raise your arms up slightly away from your buttocks. Hold the contraction and relax or hold this for 15-30 seconds, then relax. Repeat up to 3 times.

4. Thoracic rotation stretch

Sitting with your feet flat on the floor and your knees pointing forward. Cross your arms in front of your chest and rotate to the side till the point of stretch. Remember to keep the knees pointing forward and do not rotate the neck. Hold for few minutes, slowly return to the starting position and repeat to the other side. Repeat 3 times

5. Lumbar Extension stretch

Stand up in good posture and place your hands on your back at hip level, elbows pointing straight behind you. Using your hands for support, slowly extend backward. Start stretching gently. Repeat 3 times

6. Trunk Side bend stretch

Stand sideways to a wall with feet hip width apart and in good posture. Place left hand on the wall (straight elbow) and stretch right arm up over head to your left. Hold 15-20 seconds, slowly return to start position and repeat to the opposite side. This stretches the side of the spine and spinal muscles.

7. **“Wall snow angel” to stretch the shoulders and chest.** Stand against a wall with feet about 4” away from the wall and with the bum, shoulder blades and back of your arms and forearms against the wall, palms facing forward. Keeping your back straight, engage your core muscles and looking straight ahead, slowly slide your arms up and then down as if you’re doing a snow angel. Repeat 3 times.

You can finish with some Deep breathing