

Work Stretches

Health & Wellbeing 2024



LIVING OUR VALUES



Work Stretches

It is important to move regularly. If you are in a role which requires a sustained posture, then we would recommend that every 20 minutes you move.

Please see our DSE page on set up and general advice:

<https://staffhub.liverpoolft.nhs.uk/working-with-us/display-screen-equipment.htm>

Here are some stretches which you can add to your daily routine to reduce muscle fatigue, strain, and keep your blood circulating and reduce the risk of injury.

If you require Physiotherapy, (available at Aintree, Royal, BGH) you can self-refer using the following link:

<https://staffhub.liverpoolft.nhs.uk/working-with-us/staff-therapy-service.htm>

If you require occupational therapy support for condition management, reasonable adjustments, ergonomic support, job analysis or a functional capability assessment please refer through the management referral and specify the reason for assessment

<https://staffhub.liverpoolft.nhs.uk/working-with-us/management-referrals.htm>



Go for a walk

Keeping your body active throughout the day helps improve blood circulation, release muscle tension, and increase focus at work. Even low-impact exercises like walking can provide significant health benefits, including:

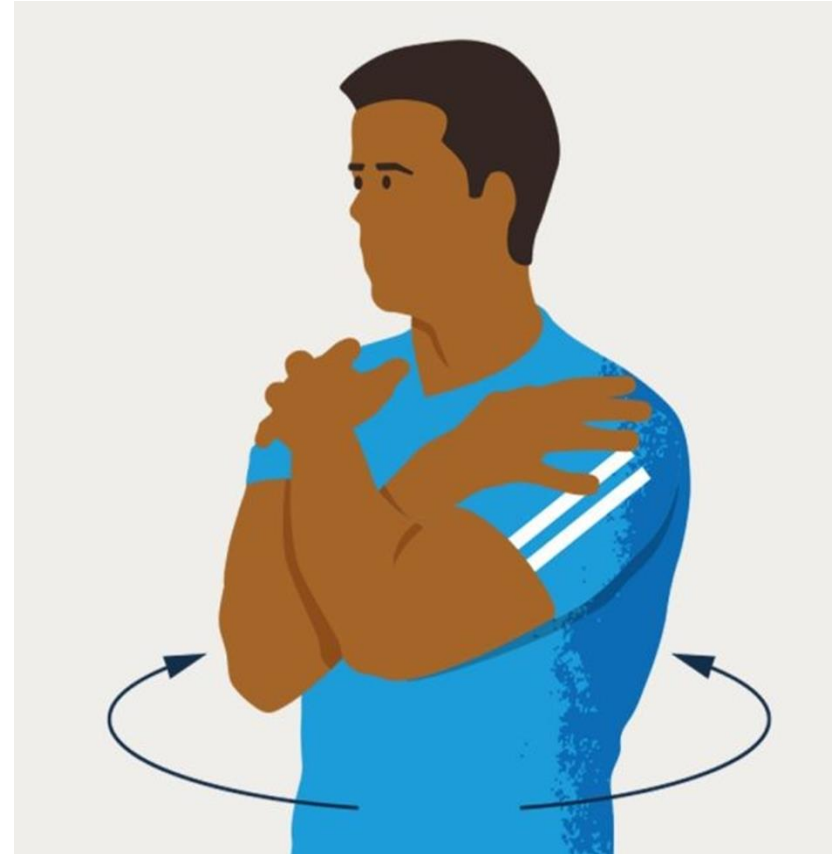
- **Improved cardiovascular health**
- **Stronger muscles and bones**
- **Increased focus, mood, and memory**
- **Boosted immune system function**
- **Prevention & management of common health problems, including inflammatory and musculoskeletal conditions**

While your job may require you to be at a desk all day, there are a few things you can do to keep your body we would recommend to get up and move every hour for 5 minutes and ensure that you go for a walk at lunch.



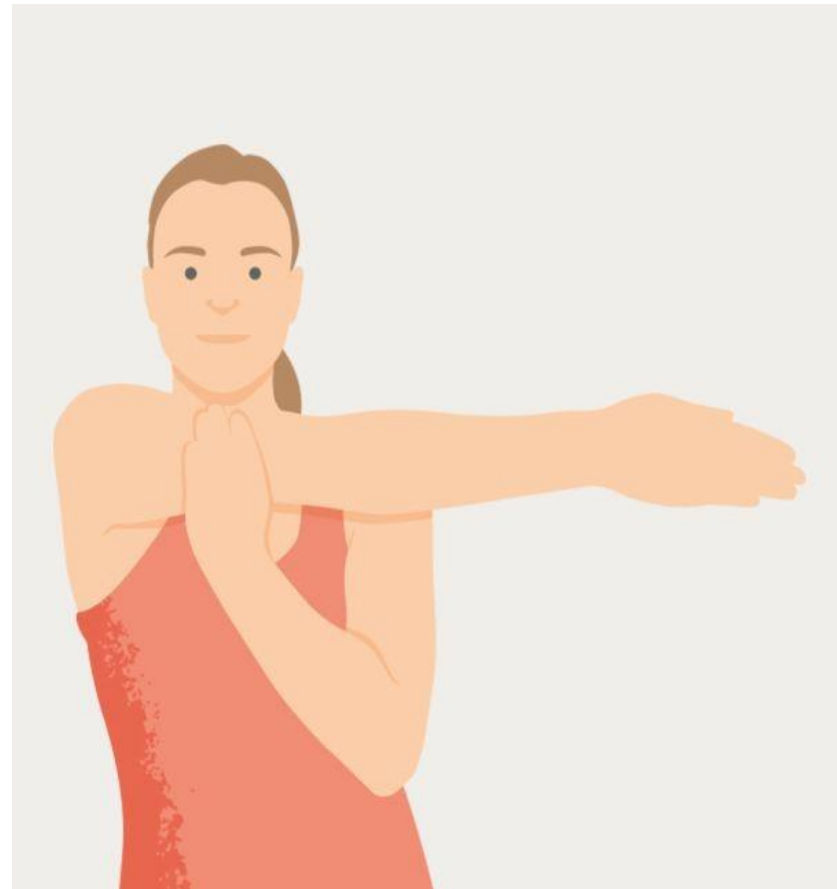
Seated spinal rotation

- While seated, cross your arms over your chest.
- Grab your shoulders.
- Rotate your upper body from the waist, turning gently from left to right as far as you can.
- You should feel a tension on both side of your lower back as it stretches out.
- Hold for three to five seconds and repeat three to five times



Posterior shoulder stretch

- Hold one arm across your body.
- Pull your elbow into your chest.
- You should feel your shoulder gently stretching.
- Hold the stretch for 30 seconds.
- Complete on both sides



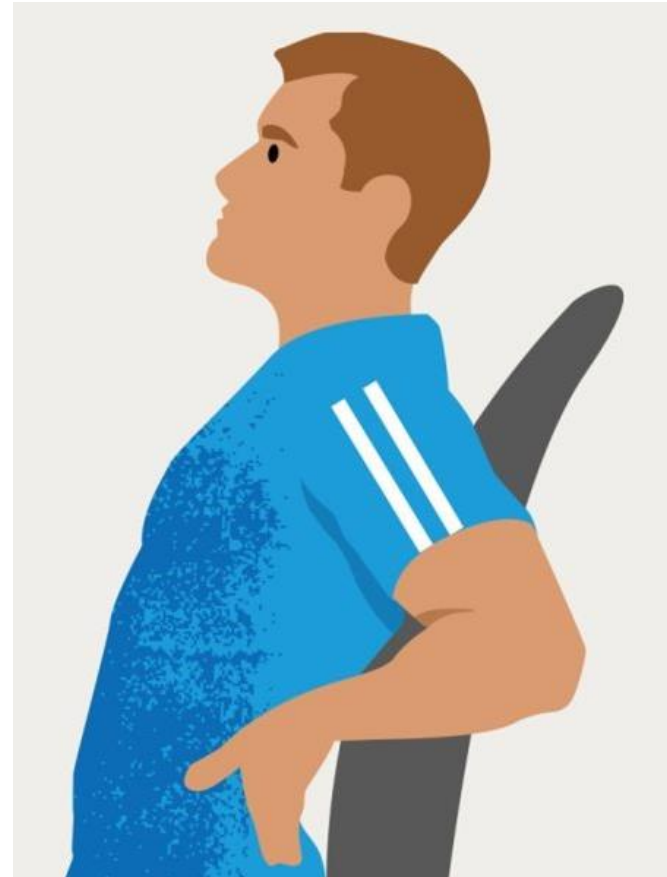
Shoulder rolls

- Gently bring your shoulders up and roll them backwards.
- Let them slowly fall down.
- You should feel tension being released as your shoulders drop.
- Repeat this movement five to six times.



Sitting back extensions

- Sit straight with your feet together.
- Put the palms of your hands into the small of your back.
- Lean back over your hands, feeling your lower back stretch out.
- Repeat this exercise three to five times.



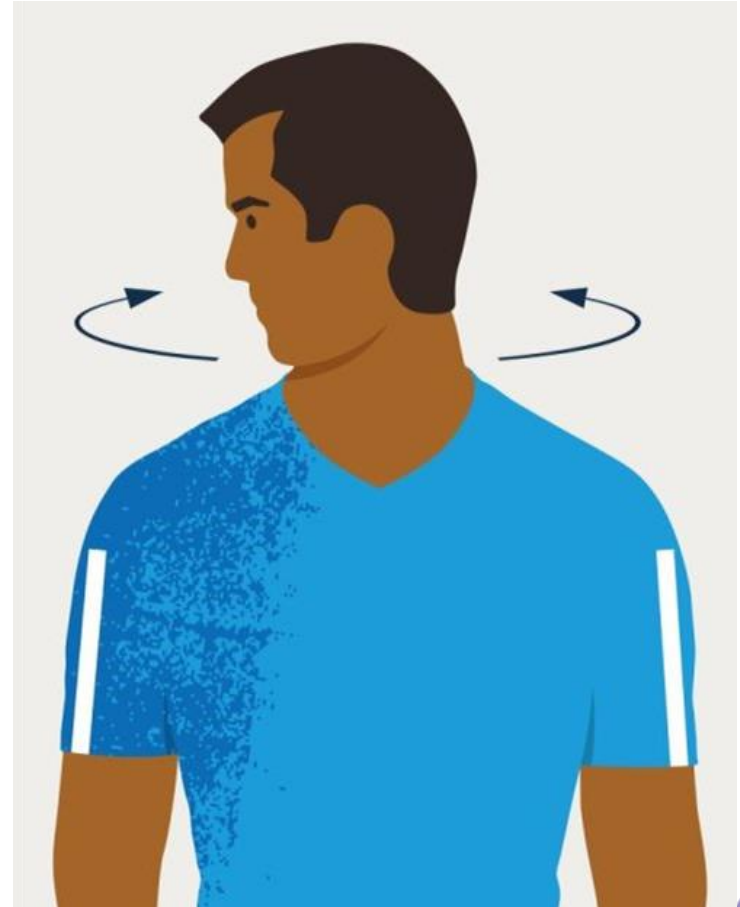
Neck Bending

- Do this: sitting or standing up straight
- Tilt your face forward as though nodding
- Try to touch your chin to your chest
- Hold for 5 seconds
- Then release
- Repeat 5-10 times
- Make sure you relax your neck and back muscles when bending the neck



Neck rotations

- Keep your head upright.
- Gently turn your head from side to side.
- As you turn your head, try to move it past your shoulder.
- You should feel the muscles on the outside of your neck gradually stretching.
- Hold this stretch for three to five seconds and repeat three to five times.



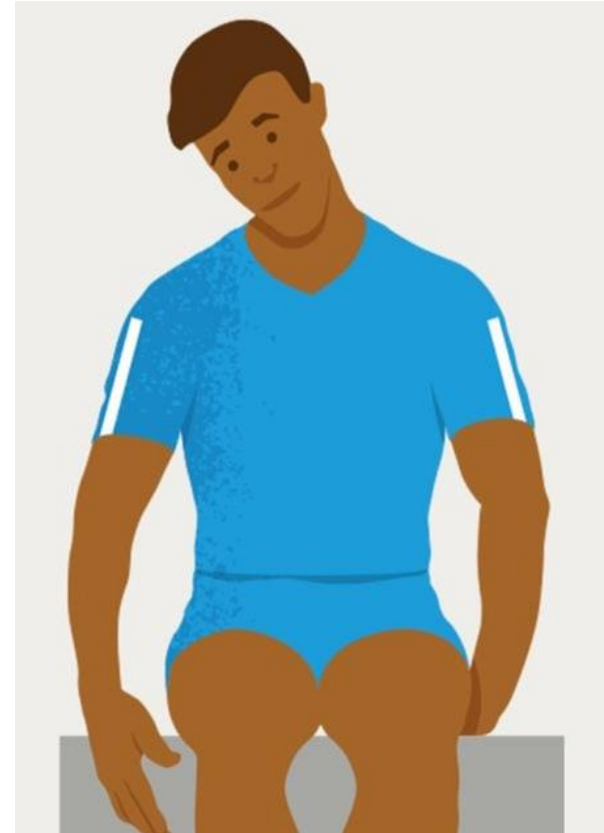
Chin Tucks

- Sit or stand with good posture and tuck your chin in but don't look down.
- Gently pull your head back as though nodding your head or trying to make a double chin. You can put your hand on your chin for a guide if needed.
- Hold in this position for 5 - 10 seconds then relax and repeat 5 - 10 times.



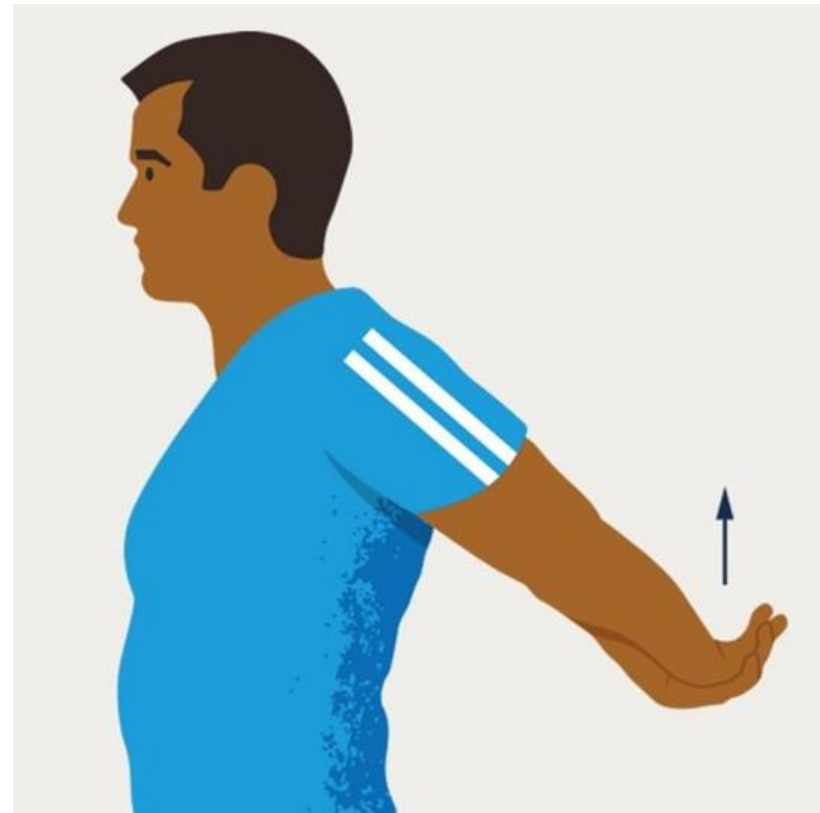
Upper shoulder & neck stretch

- Sit on one hand.
- Tilt your head away from the hand you're sitting on.
- Tilt your head slightly forward, towards your shoulder.
- You should feel the muscles in your neck and shoulder being stretched.
- Hold the stretch for 10 seconds.
- Repeat three times on each side



Backward shoulder extension

- Stand up and stretch your arms out behind you.
- Clasp your hands together and gently lift your arms.
- You should feel the pressure in your shoulders ease.
- Hold this movement for 5 to 10 seconds and repeat 3 to 5 times.



Overhead shoulder extension

- Hold both arms above your head.
- Link your hands with your palms facing upwards.
- Reach as high as possible.
- You should feel your shoulders stretching.
- Hold this stretch for three to five seconds, repeating three to five times



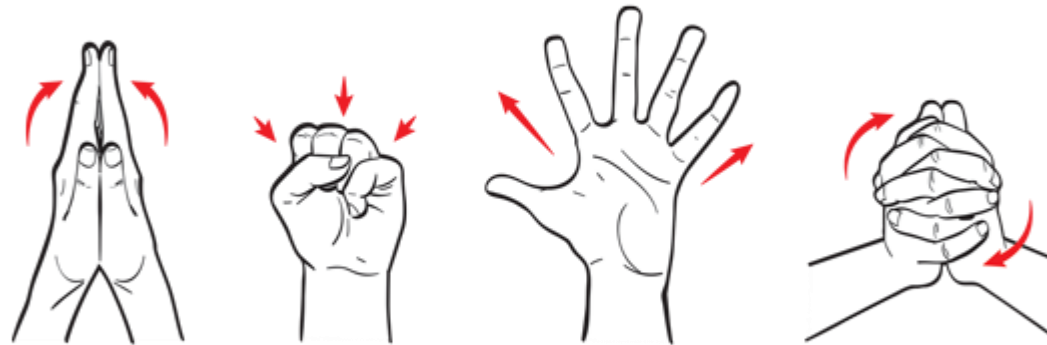
Kick-back, log-on pose



- Interlace your fingers behind your head
- Relax your elbows and shoulders
- Breathe and stretch your elbows back.
- Hold for 10 seconds and relax
- Repeat 3 x



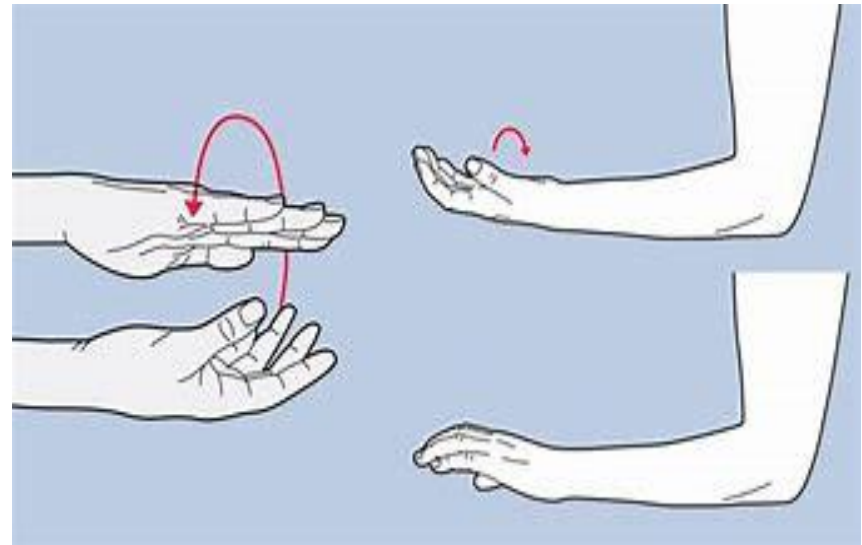
Keyboard calisthenics



- Place hands in prayer position and push your fingers back and forth
- Wiggle your fingers in all directions and stretch.
- Then Squeeze fists tight.
- Next, stretch your fingers wide.
- Finally Interlace your fingers and rotate hands.

Wrist turn

- Do this: standing or sitting
- Bend your elbow to 90 degrees with your palm facing down.
- Rotate your forearm, so that your palm faces up and then down
- Repeat this 5-10 times.



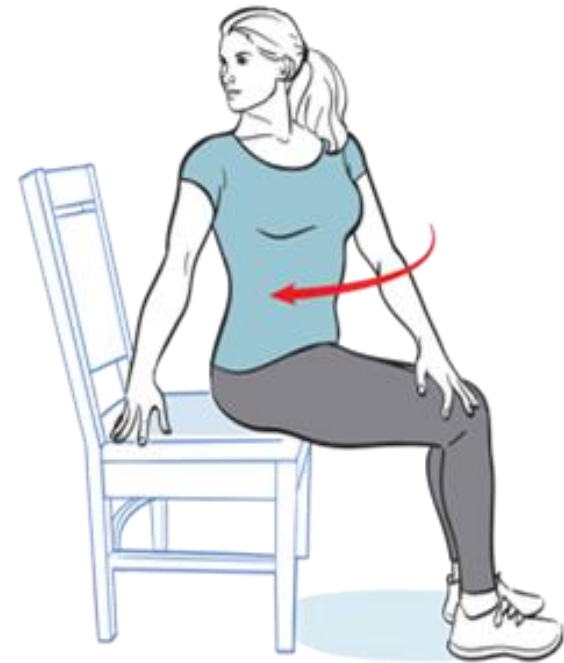
Knee-to-head chair stretch

- Interlace your fingers below your right knee.
- Raise your right leg up toward your chest
- Then bend your forehead toward your knee.
- Switch legs.

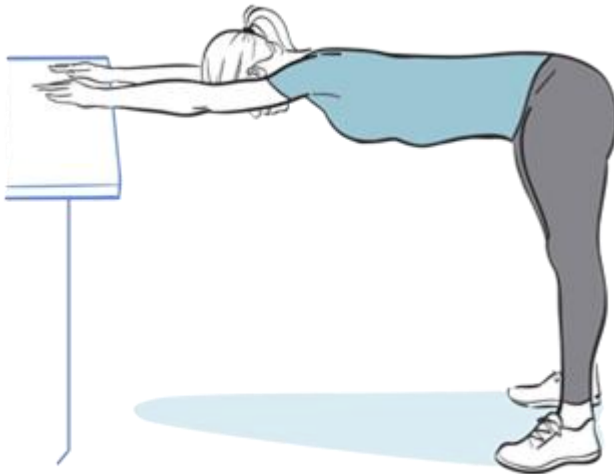


Chair Twist

- Cross your left leg over your right.
- Place your right hand or elbow on the crossed knee.
- Gently turn your body to the left and look behind you.
- Switch legs and twist the other way.



Lower back bend



- Grab the edge of your desk or counter
- Step back a couple of feet.
- Spread your feet shoulder-width apart.
- Let your upper body stretch down, relaxing your head and neck.



Hip exercise 1

- Sit comfortably in the chair. Secure the core by keeping the back upright and the spine straight. Keep both feet flat on the floor.
- Cross one leg on top of the other creating a triangle between the legs. Ensure that the crossed leg's ankle is past the other leg.
- Slowly bend the upper body forward, keeping the spine straight and core tight. Stop when feeling resistance in either the glutes or hips.
- Hold this position for 10-20 seconds then shift sides.
- Repeat 3-5 times, or as comfortable, per leg.



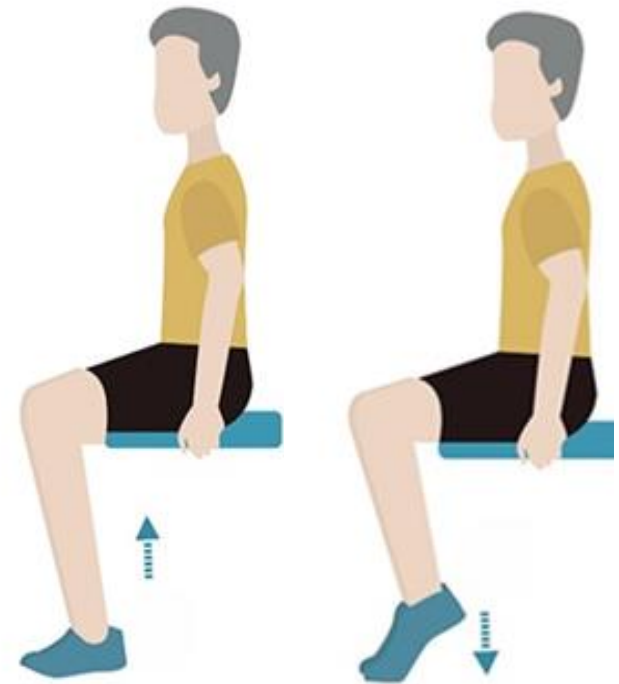
Hip exercise 2

- Sit comfortably at the edge of the chair. Secure the core by keeping the back upright and the spine straight. Keep both feet flat on the floor. Keep the hips and lower body in this stable position.
- With the right hand, grip the right side of the seat to stabilize.
- Extend the left hand above the head making a similar shape to that of a spoon or a lengthened “C”.
- Simultaneously, slowly shift the upper torso to the right side without collapsing the abdomen (keep it tight).
- Hold the position for 10-20 seconds then shift sides.
- Repeat 3-5 times, or as comfortable, per side



Hip exercise 3

- Sit comfortably in the chair with the hips as far back as possible. Ensure that the back is firm to the backrest of the chair.
- Keep the core (abs and lumbar) tight. Stick the chest out.
- Place both hands at the sides of the chair and grip the seat to keep stable.
- Keep both legs at a 90-degree angle with the chair. Both feet should be flat on the floor.
- Slowly, extend the heels of your feet upward, pushing the toes on the ground and lifting the heels in the air.
- Place both feet back to the starting position.
- Repeat this movement for 20 or more reps to create a “burning” feeling in the calves.



Calf stretch

- Stand up straight
- Feel free to use a chair/ wall for support
- Put one leg in front of the other.
- Bend your front knee and keep your back knee straight.
- Keep your toes pointing forwards.
- Put your weight on your front knee
- Hold for 5 seconds
- Repeat with the opposite leg



Quads stretch

- Stand up straight
- Feel free to hold onto a chair/wall for support
- Bend one knee and hold your ankle.
- Try to push your foot into your hand while pushing your hips forward
- Ensure not to pull your foot up as this puts pressure on your knee joint



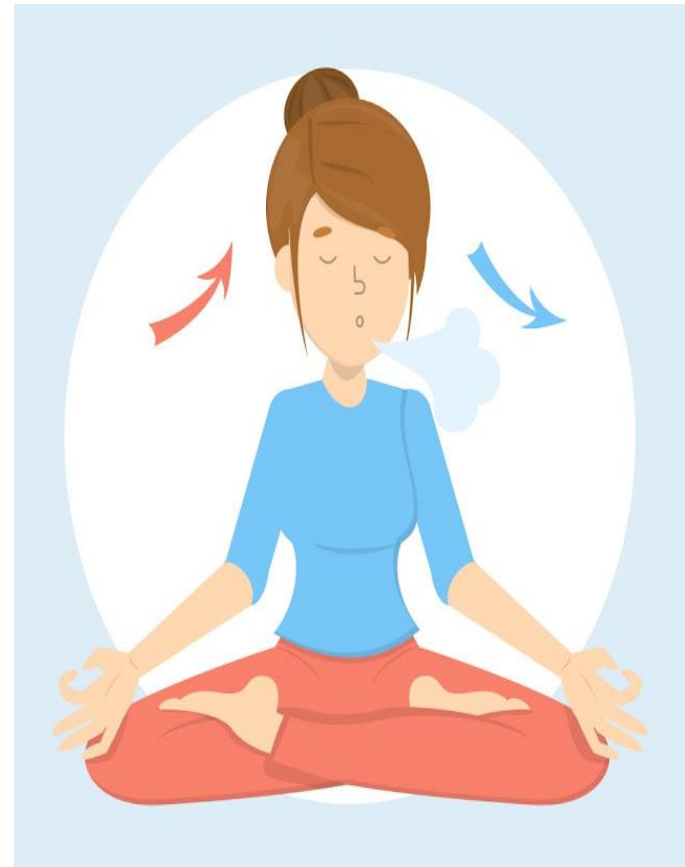
Take a deep breath

Perhaps the easiest and most important energizing move of all is to breathe.

"With all of our stress, we're literally holding our breath all day. "By taking a long, deep breath, you'll instantly relax your body and de-stress your mind. You can't beat that.

For more stress management support refer to our mental health pages:

<https://staffhub.liverpoolft.nhs.uk/working-with-us/your-mental-wellbeing.htm>





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