

# 5 MINUTE OFFICE STRETCHES

**'Think of movement as an opportunity, not an inconvenience.'**

*Begin all exercises with your feet planted firmly on the floor*

## THE TWISTER LOWER BACK STRETCH



- ❶ With your head and back upright, gently rotate your upper body towards your left, turning your head with you as you go
- ❷ Return to starting position then repeat on the other side. This stretch should be felt in your back and sides.

20 SECONDS X2

## THE YES & NO NECK STRETCH



- ❶ With your head and back upright, turn your head towards your left shoulder and hold for 20 seconds. Return to start and repeat stretch turning head to the right
- ❷ Lift chin up towards the ceiling and hold for 20 seconds. Return to start and repeat stretch with your chin lowered towards your chest.

20 SECONDS X2

## THE BANANA SIDE STRETCH



- ❶ With your head and back upright, raise one arm above your head and the other alongside your body
- ❷ Slide the lowered arm down, this should create a long and short side of your body
- ❸ Create an arc with the raised arm. This stretch should be felt in the muscles on your longest side.

20 SECONDS X2

## THE ROCK BACK STRETCH



- ❶ Tuck your chin into your chest
- ❷ Gently lower your hands towards the floor. This stretch should be felt in your back.

20 SECONDS X2

## THE EMU SHOULDER RETRACTION



- ❶ With your head and back upright, place hands together behind your lower back
- ❷ Pull shoulders back and down.

20 SECONDS X2

## REACH FOR THE SKY UPPER BODY STRETCH



- ❶ With your head and back upright, raise both hands above your head
- ❷ Reach up towards the ceiling, as high as possible until you feel a stretch in your entire upper body.

20 SECONDS X2

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