



Exercises to help prevent Occupational Overuse

*Reference: Developed by Sentinel
Supported by ACC*



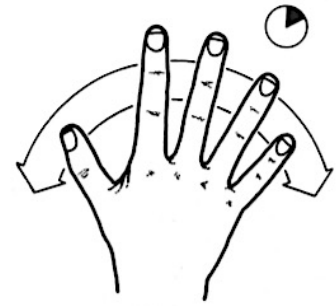
Forward lean

Rest elbows on thighs near the knees. Let hands hang loosely. Relax shoulders. Breathe deeply in the base of lungs. Stay relaxed in this position for 6-8 breaths.



Wrist turns

Sitting upright with arms hanging loosely. Turn hands around one way until gentle stretching is felt. Hold that position for the count of 5. Repeat 3 times in each direction.



Finger spreads

Rest forearms on desk top or thighs. Stretch fingers apart as if trying to make them longer. Hold stretched for 3 counts then relax hand for the count of 5. Repeat 3 times.



Arm shakes

Sitting upright, drop shoulders into a relaxed position. Let arms hang loosely. Gently shake wrist and arms to the count of 5. Repeat 3 times.



Head turns

With slight chin tuck, turn head to one side then to the other. Hold for the count of 5 at the end of each turn. Repeat 5 times in each direction.



Shoulder circles

Sitting upright, hang arms by sides. Roll shoulders in a backward direction. Repeat 10 times.



Forward and back

Sitting upright with slight chin tuck, put hands on head with elbows forward. Bend head forward and allow the weight of the hands to add a little stretch. Take hands off head and tip head backward as far as possible. Hold for the count of 5 at the end of each movement. Repeat 5 times in each direction.



Chin tucks

Sitting upright, looking straight ahead. Without looking down glide chin backwards to make a double chin. Hold for the count of 5. Repeat 5 times.



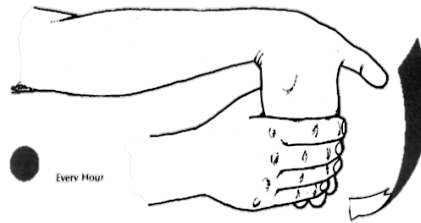
Side stretch with head turn

Sitting upright, chin tucked in, turn head to a ¼ turn to one side. Place the hand on that side on crown of head, hold seat with other hand. Bend head forward until a stretch is felt at the top of the shoulder blade. Hold for the count of 3. Repeat 3 times each side.



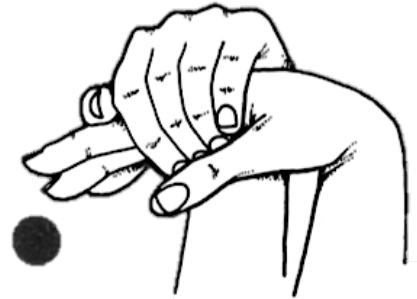
Side stretch

Sitting upright hold onto the seat with one hand. Place the other hand on top of head and gently tip head over to this side. Hold for the count of 5. Repeat 5 times each side.



Flexor stretch

Hold one arm straight out in front, palm up. Hold the front of the fingers with the other hand. Keeping fingers straight bend the wrist back until a definite gentle stretch is felt in the forearm and wrist. Hold for 10 counts, then relax stretch. Repeat 3 times.



Extensor stretch

Rest one elbow on desk top with the thumb of this hand near your nose. Resting the other hand on the back of the first hand bend the first hand forward until a definite gentle stretch is felt over the back of the wrist. Hold for 10 counts then relax. Repeat 3 times.



Back bending

Standing with feet 30 cm (12" apart). Place hands on hips with fingers facing the centre of the back to support the lower spine. Bend backwards as far as possible. Hold in this position for 10 counts. Repeat 5 times.



Backward stretch

Sitting upright with good lower back support, clasp hands together with arms straight above head. Keeping arms straight take them backwards to stretch shoulders and upper back. Hold in stretched position for 5 counts. Repeat 5 times.



Shoulder bracing

Standing, clasp hands behind back. Brace shoulders back so that the shoulder blades move together. Hold at the limit of movement for 5 counts. Repeat 5 times.

If you are experiencing pain or discomfort doing your job out friendly physiotherapists and occupational therapists can help. Just contact us