
'Exercises designed to do at home or in the office'



1) Shoulder Elevators

Turn your head to look down towards your armpit. The hand on the same side should add weight to the bent head. The other arm should go behind your back.



2) Lateral & Upper Neck

Cross your hands across your chest and place on shoulders – pull hands down. Now bend your ear to one shoulder and look up to the ceiling until you feel a stretch on the side of your neck.



3) Median Nerve Stretch

Place your hand against a wall. Rotate your feet and body so your hand is out to your side as shown until you feel a gentle stretch in your arm & shoulder



4) Supraspinatus Stretch

Put one arm behind your back and with your free hand pull it more medially until you feel a stretch across top of shoulder & arm. You can flex your head to the opposite shoulder to increase this stretch.



5) Posterior Shoulder Stretch

Gently pull your elbow across your chest, using the opposite hand until you feel a stretch along your shoulder & upper back.



6) Shoulder Shrugs

Sit or stand upright with proper posture. Shrug both shoulders up under your ears. Hold 6 seconds and release – repeat 3x back.



7) Isometric Neck Extension

Place both hands on the back of your head and gently push against your head. Use your neck muscles to resist bending your head backwards.



8) Doorway Chest Stretch

With one arm positioned in a door frame from wrist to elbow, turn your body away from your arm until you feel a stretch in your chest. Repeat on the other side.



9) Forearm Flexor Stretch

Place your palms on a table with fingers pointing towards your body. Step back a little and feel the stretch through your forearms.

Hold each stretch for at least 10-12 seconds and repeat x 3 unless otherwise stated.