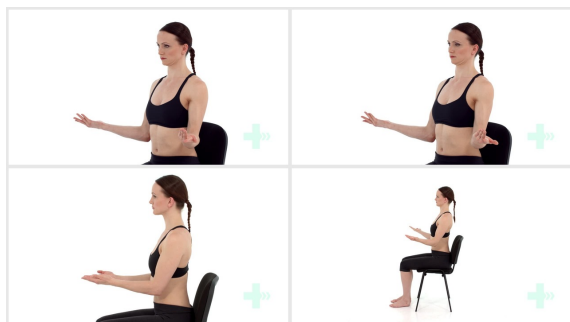


## Desk Exercises

3 Sets / 5 Reps / 1 s hold



### 1. Posture, shoulder external rotation/scapular retraction strengthening, with chin tuck, sitting

Sit upright in a chair with your shoulders relaxed.  
Bend your elbows to 90 degrees with your palms facing upwards.  
Pivot your arms out to side rolling your hands outwards as you do so whilst keeping your elbows close by your side.  
Imagine you are trying to pour water out of your palms and over your thumbs.  
At the same time move your head back, creating a gentle double chin.  
Try to avoid using the large muscles down the front of your neck.  
Hold this position as directed by your clinician and perform the required number of repetitions as directed.

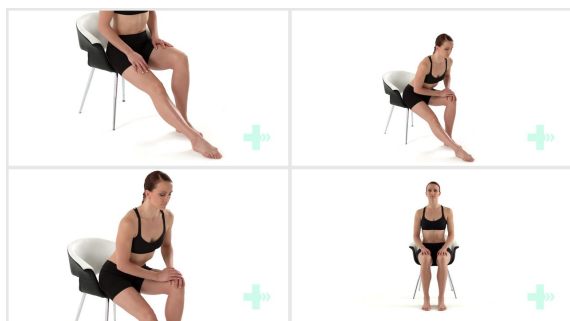
1 Set / 1 Rep / 45 s hold



### 2. "Figure 4" Piriformis/gluteals stretch, sitting; 02

Start in a seated position.  
Cross the symptomatic leg your ankle is resting on, to the opposite knee.  
Apply gentle pressure to the knee as you lean forward, increasing the depth of the stretch.  
Hold this position, you should feel a comfortable tension with no pain.

1 Set / 1 Rep / 45 s hold



### 3. Hamstring stretch, sitting; 01

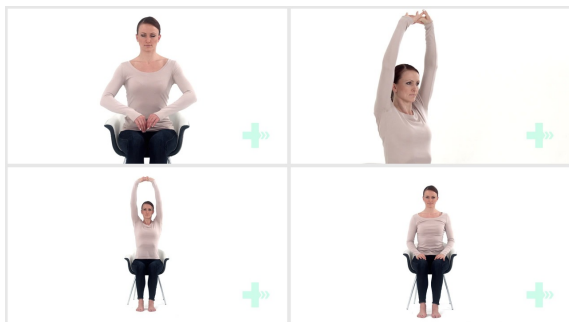
Sit in a chair.  
Place your affected leg out in front of you.  
Straighten your knee, keeping your foot on the floor.  
Keeping your back straight, lean forwards from your hips until you feel a stretch down the back of the thigh.  
Hold and then relax.

1 Set / 1 Rep / 30 s hold



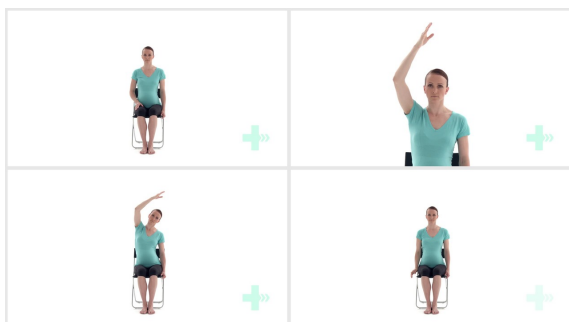
### 4. Shoulder internal rotators stretch, leaning forward, arm bent on table, sitting; 02

Start in a seated position, sideways to a table with your symptomatic arm closest to the table.  
Stretch your forearm out on the table with your palm facing downwards.  
Gradually lean forwards as far as you can keeping your forearm in contact with the table throughout the movement.  
This rotates the arm.  
Once you've reached your furthest point hold this position, and then return back to the start position and repeat.



**5. "Overhead stretch" Shoulder extensors, elbow/wrist flexors stretch, sitting; 02**

Start in a seated position and interlock your fingers.  
 Raise your arms above your head and rotate your hands so they are facing palm up.  
 Push your arms upwards, feeling the stretch through your sides and shoulders.  
 Hold this position before you relax and repeat the movement again.



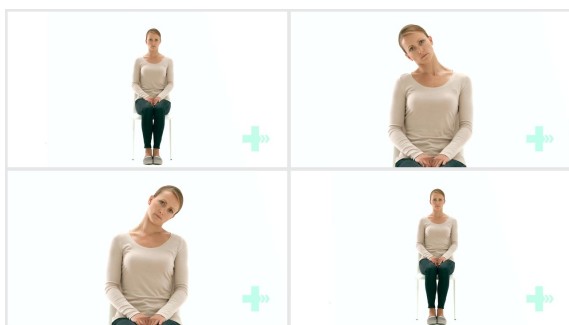
**6. Trunk side bending stretch, arm overhead (alternate), sitting**

Sit upright on a firm chair.  
 Place one hand securely on the side of the chair and lift the other arm up into the air.  
 Lean your elevated arm over your head, allowing your ribs to gently flare out to one side and hold.  
 Release and lower your arm back down and repeat on the other side



**7. Levator scapulae stretch, arm behind back, sitting; 02**

Start in a seated position.  
 Place the hand of the side you want to stretch behind your back.  
 Take the opposite hand and pull your head forwards and to the opposite side at an angle, until you feel a stretch from the base of your skull down into your shoulder blade.  
 Hold this stretch.



**8. Cervical side bending AROM (alternate), sitting**

Tilt your neck and move your right ear slowly to your shoulder.  
 Hold for three seconds.  
 Move your head back to neutral position.  
 Tilt your neck and move your ear to your opposite shoulder.  
 Hold for three seconds.  
 Move your head back to neutral position.  
 Repeat 3 times.  
 Caution: Do not tilt your neck too far or too fast.  
 If there is pain, stop immediately.