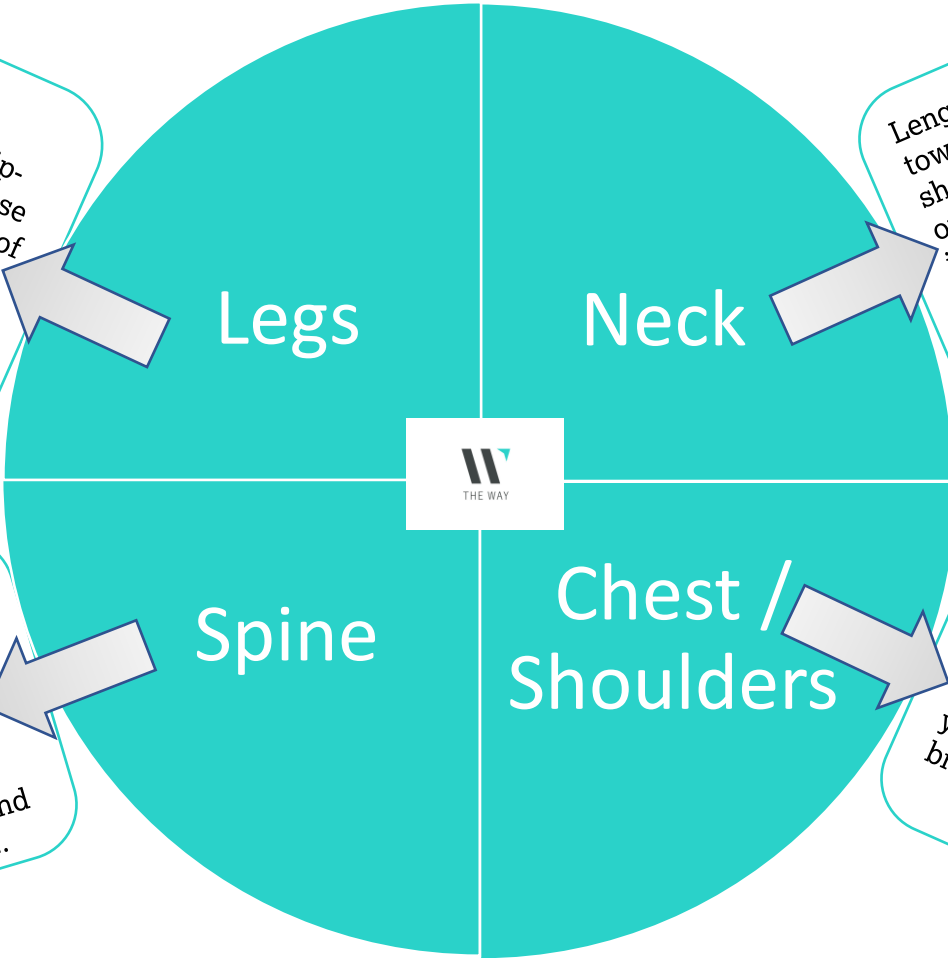


Top Down 5 Minute Desk Stretch Routine

Start by standing up, walk to get yourself a glass of water and then when you return, come to the edge of your chair and sit up straight with your feet flat on the floor.

Sit up straight in your chair and ensure you are close to the back of your chair. Place your feet hip-distance apart on the floor. Lifting your left leg, place your hands to help support you), place the outside of your left ankle across your right leg just above the knee. Your left leg should be parallel to your body as much as possible. Lean forwards bending toward your right leg. Hold for approximately 5 breaths then repeat on the other side



Lengthen your spine while you gently bring your chin towards your chest and roll the right ear to the right shoulder. To intensify the stretch, place your right hand on top of your right shoulder and place your left hand just above your left ear. Gently apply pressure with the hand on your head and breathe through the stretch. Take approximately 5 breaths, then switch and repeat for the other side.

Seated Spine Twist
Sit on your chair sideways so that your shoulders and back are perpendicular to the back of the chair. Sit up straight, place your feet on the ground and place your hands on the back of the chair. Using your arms, twist, pulling yourself toward the chair. Switch the side of the chair you're sitting on and repeat. This pose stretches out the spine, chest, and neck. Take approximately 5 breaths on each side.

Start by rolling your shoulders backwards for 4 rotations then forward for 4 rotations to improve the blood supply. Then interlace your fingers behind your back at the level of your lower back and gently pull your shoulder blades together. Take approximately 5 breaths while holding this stretch.

Deep Muscle Relaxation Exercise

This technique takes about 15 minutes and would be great before bed.

Find a warm, quiet place with no distractions. Get comfortable, ideally lying down. Close your eyes and begin by focusing on your breathing; breathing slowly and deeply, ideally in and out for a count of 5. For each part of the body, clench and stretch as much as is comfortable for you. Hold each for a few seconds, then relax. Repeat it a couple of times. Ideally, keep to the same order as you work through the muscle groups. Start from the bottom up.

Legs - Clench the toes for a few seconds then relax them. Wiggle each of them if you can. Then point your whole foot with your toes clenching under and away from you for a few seconds then relax them. Next your calves, clench for a few seconds then relax. Repeat with all the muscle groups in turn, quads, hamstrings then your buttocks.

Stomach- Clench the stomach muscles for a few seconds then relax.

Shoulders - Pull them up towards the ears (shrug), then relax them down towards the feet.

Arms - Starting with the fingers, clench them into your palms for a few seconds then relax them. Stretch the wrist by pulling the hand up towards you, and stretch out the fingers and thumbs, then relax. Clench the forearm muscles then relax followed by the biceps then relax. Stretch the entire arms away from the body, reach, then relax.

Neck - Gently tilt the head forwards, pushing chin down towards chest, then slowly lift again. Gently turn it to the left, followed by the right then return to centre.

Face - Close your eyes and gently scrunch your face then relax. Open your mouth wide as though screaming then release and relax.