



neck turn



Keep eyes level • Rotate head to one side

neck to side



LH holds chair seat • RH takes nose to R armpit

chin tuck



Keep eyes level • Move chin towards your neck

forward & upward



Straighten arms • Slowly raise them overhead

smart tips...

- Stretch gently and slowly
- Keep breathing
- Hold each stretch for 15 seconds
- Do not bounce stretches
- Stretch to the point of tension not pain
- Perform each stretch at least every 2 hours
- Repeat all stretches to left and right
- Ongoing pain should always be assessed by a qualified therapist.

FOR MORE INFORMATION CALL BODYSMART

wrist stretch



Curl LH fingers upwards • Use RH to assist

front of chest



Rotate to opposite side • Push chest forward

side reach



LH holds seat • RH overhead • Lean to the L

mid-back twist



LH on R knee • Rotate to look over R shoulder

hip stretch



Ankle onto knee • Lean towards opposite knee



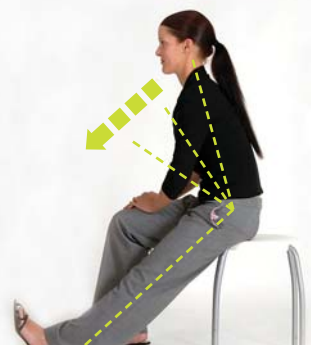
- Ergonomics
- Corporate Massage
- On-Site Therapy
- Interactive Health Workshops
- Manual Handling Training
- Ergonomic & Therapeutic Equipment
- Corporate Fitness

1300 727 439

email enquiries: info@bodysmart.com.au

www.bodysmart.com.au

hamstring



Back & knee straight • Tilt forwards from hips