

Isolation Readiness

Home Workstation Stretching

When working from home requires that you sit for long periods of time, you must ensure that you prepare your body for the inactivity. Although your occupation may not be physically demanding it does not mean that you are free of soft tissue injury risk. This home workstation stretching guide will help to ensure that your body is ready to settle into an ergonomically friendly workstation for a bout of productive work. Please complete 5 sets of each activity at least two times a day everyday. Preferably in the morning and after your lunch break.

1. Upper back / Forearm Stretch

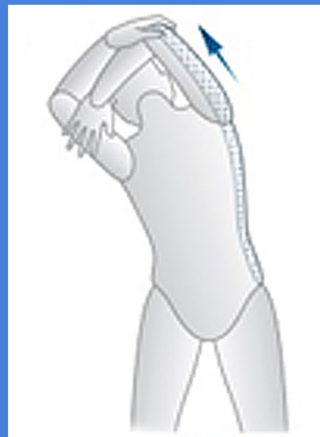


While sitting up straight in a chair, interlock your fingers and extend your arms in front you as far as you can.

Now slowly raise your arms up until your hands block your field of vision. **Hold for 5 seconds and then relax.**

Return to the starting position and repeat.

2. Tricep / Lat Stretch



Stand with your chin tucked in and raise your arm to complete elevation and place your hand behind your head by bending the elbow.

Place your other hand on the elbow of the affected arm. Now pull towards the unaffected side until a stretch is felt in the triceps and then lean to feel a stretch in your latissimus dorsi. **Hold for 5 Seconds and then relax.** Now alternate, completing this on the opposite side of your body.

3. Overhead Extension

While standing up straight, raise your arms up over your head, interlock your fingers (palms up) and then place the backs of hands on the top of your head.

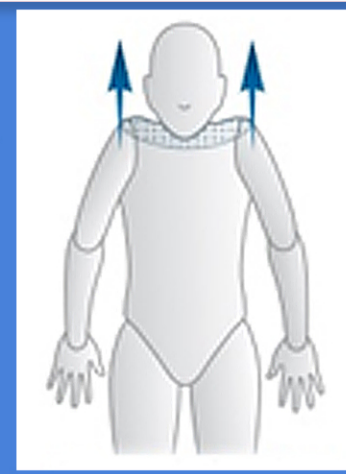
Now extend your arms up over your head as far as you can and **hold for 5 Seconds and then relax.**



4. Shoulder Shrugs

Stand with your hands by your side and your chin tucked in.

Now shrug your shoulders up towards your ears and **hold for 5 Seconds and then relax.**



5. Upper Trap. Stretch



Stand and put your arms behind your back.

Grasp the arm using the opposite hand to lower the shoulder.

Bend your neck to the opposite side until you feel a stretch on top of the shoulder. **Maintain the stretch for 5 seconds and then relax.**

Now alternate, completing this on the opposite side of your body.

6. Overhead Reach



Stand with feet shoulder width apart.

Raise one arm directly overhead reaching towards the ceiling as much as you can. **Hold for 5 Seconds and then relax.**

Now alternate, completing this on the opposite side of your body.

7. Seated Trunk Rotation

Keep your feet firmly on the ground, facing forward.

Twist your upper body in the direction of the arm that is resting on the back of your chair. Hold pose for 10 seconds and then relax.

Now alternate, completing this on the opposite side of your body.



8. Seated Arch Stretch

Sit up straight and place your palms on your lower back. Arch your lower back by bending backwards to where comfortable. **Hold for 5 Seconds and then relax.**

Try to maintain an upright posture afterwards by placing a towel roll in the arch of your lower back.

