

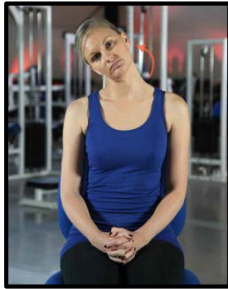
Stretching at Work

Stretching

To complete any stretches, it is important to remember to:

- Use slow and gentle movements
- Only stretch as far as you feel comfortable
- Breathe normally – do not hold your breath
- Stretch both sides of your body

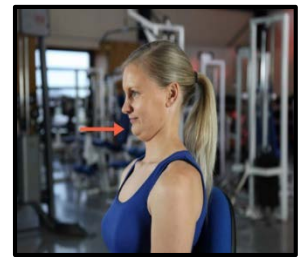
Note: Seek medical advice prior to starting new stretches if you have an injury or medical condition.



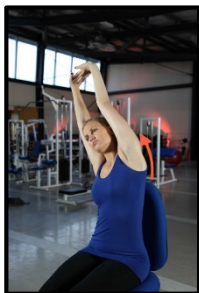
1. Bend your neck slowly to one side.
2. Hold for 15-30 seconds and then slowly bring your head back to the starting position.
3. Repeat the same movement on the opposite side.



1. Slowly turn your head to one side.
2. Hold for 15-30 seconds and then slowly bring your head back to the starting position.
3. Repeat the same movement on the opposite side.



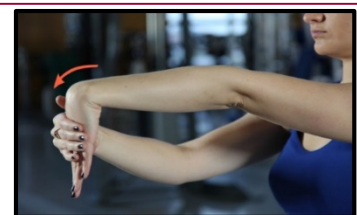
1. Without tilting or tipping your head, slowly move your head backwards.
2. Hold for 15-30 seconds and then slowly bring your head back to the starting position.



1. Raise both hands above head.
2. Extend arms and reach towards ceiling. Slowly bend trunk to one side.
3. Hold for 15-30 seconds and then slowly return to the starting position.



1. Place one arm out straight in front of you.
2. Fingers pointed towards the ceiling, slowly move hand back towards you.
3. Hold for 15-30 seconds and then slowly return to the starting position.



1. Place one arm out straight in front of you.
2. Fingers pointed towards the floor, slowly move hand back towards you.
3. Hold for 15-30 seconds and then slowly return to the starting position.

If additional information is needed, please contact the [WHS Unit](#)

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