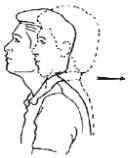


Lab exercises and stretches

Regular movement keeps your body happier. If you work in sustained positions you should regularly reverse that working position to prevent strain and fatigue. Stand tall before you start each exercise, move smoothly and within comfort. Discontinue if these cause soreness or pins and needles or numbness, and consult your health practitioner.

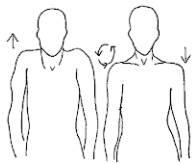
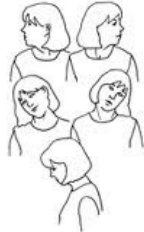
Neck, shoulders and arms



Keep head level. Slide neck straight back then relax. Avoid poking chin out. Repeat 3-5x times.

Neck movements- 3x each way

1. Look over each shoulder.
2. Bend ear to each shoulder.
3. Take chin to chest.



Circle shoulders forwards then backwards. Repeat 3 to 5x each way.

Interlock fingers, turn palms out & stretch arms out in front. Stretch arms above your head. Place hands on back of your head and widen your elbows. Repeat 3 to 5x.

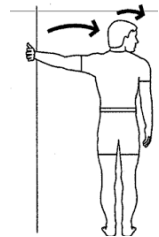


Chest and Trunk



Elbows bent at sides at 90° Squeeze shoulder blades down and back and softly turn arms out.

Hand against wall at shoulder height, elbow straight, turn body away. Hold 15 secs. This can be a strong stretch. If too much, try this instead.

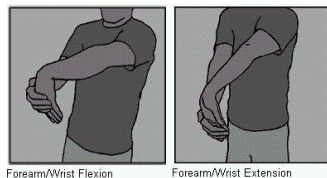


Cross arms, hands to opposite shoulders. Keep standing tall and rotate shoulders side to side. Repeat 3x each way.

Forearms and hands

Grasp around palm, elbow straight.

1. Palm facing down, point fingers to floor and stretch. Hold 15 secs
2. Palm facing up, point fingers back to floor and stretch. Hold 15 seconds.



1. Open hand wide
 2. Bend fingers to touch top of palm
 3. Make a fist
- Repeat 3-5x

Back and legs



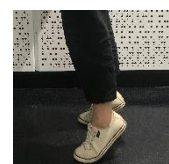
Hands on hips legs hip width apart. Gently extend back then return to upright. Don't tilt head back.

Semi squat - bend hips and knees, keeping your low back curve then return to standing



1
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Push up onto toes then return to standing. Repeat 3 to 5 x.



2
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