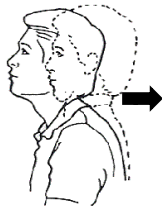


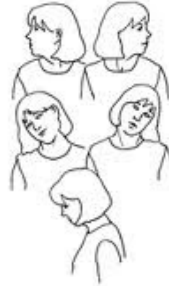
Lab exercises and stretches

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.

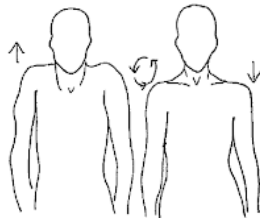


Keep head level. Slide neck straight back then relax. Avoid poking chin out. Repeat 3-5x

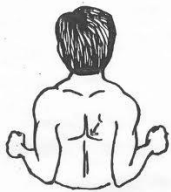


Neck movements- 3x each way

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.



Elbows bent at sides at 90° Squeeze shoulder blades down and back and softly turn arms out. Hold 5 seconds.

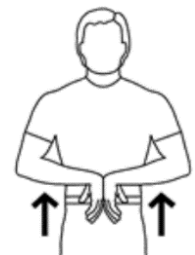


Grasp hands behind back, take shoulder blades down and back, lift the arms and open the chest. Hold 10 seconds.



Forearm muscle stretches:

1. Prayer stretch - Palms together, slowly lower forearms till stretch, hold 10 seconds.
2. Reverse prayer stretch – back of hands together, slowly bring forearms up till stretch, hold 10 seconds.



Hands on hips OR elbows bent to 90° and close to body. legs hip width apart. Gently extend low back then return to upright. Don't tilt your head back.