



MEDICOVER

EXERCISES
FOR PEOPLE
PERFORMING
SEDENTARY WORK

EXERCISES FOR PEOPLE PERFORMING SEDENTARY WORK:

1



Keep your back straight, put your head back, so it is parallel to the ground. Now, gently move your head forwards (as if you were doing a nodding motion). Stand still for 5 seconds. Repeat this exercise 10 to 15 times.

2



Sit on a ball or a chair. Put your left hand between your buttocks and the ball or hold the backrest of the chair. Put your right hand on your head. Copy the motion, as shown in the picture:
Exercise A: Slightly pull your head to the side. Keep doing so until you feel a slight stretching.
Exercise B: Slightly pull your head forward, lightly twisting it in towards to your armpit. Hold your head there for 5-30 seconds. Repeat 10 to 15 times.

3



Put your right arm out in front of you, keeping your elbow straight. Place your right hand at an angle of 90 degrees, and now place your left hand in your right hand with the back of your left hand towards you. Next, with your fingers pointing upwards, gently stretch your right hand towards you with your left hand, stretching the muscles. Repeat 10-15 times.



Put your right arm out in front of you, keeping your elbow straight. Place your right hand at an angle of 90 degrees, and now place your left hand in your right hand with the palm side of your left hand towards you. Next, with your fingers pointing upwards, gently stretch your right hand towards you with your left hand, stretching the muscles. Repeat 10-15 times.



Put your right arm out in front of you, keeping your elbow straight. Place your right hand at an angle of 90 degrees with your palm facing upwards. Now, stretch your palm away from you with your thumb stretched out, as far as possible. Using your left hand, turn your right hand, so that your thumb is facing downwards, delicately stretching the muscles. Repeat 10-15 times.



Put your right arm out in front of you, keeping your elbow straight. Place your right hand at an angle of 90 degrees with the back of your hand facing upwards. Now, turn your palm inwards, towards your left arm, so that your thumb is pointing downwards. Using your left hand, turn your right hand lightly, delicately stretching the muscles. Repeat 10-15 times.

EXERCISES FOR PEOPLE PERFORMING SEDENTARY WORK:

4



Stand with your legs slightly apart. Bend your elbows and keeping them close to your chest, clasp your hands and then bend your wrists to the left and to the right. Repeat **10-15** times.



Straightening your elbows, clasp and move your hands away from your chest out in front of you. Stretch out your wrists, turning your hands away from your chest. Repeat **10-15** times.

5



Stand with your legs slightly apart. Bend your hand as much as you can in your elbow and shoulder. Now, stretch your shoulder joint by placing one of your hands on your elbow and pulling it towards you. Repeat **10-15** times.



Stand with your legs slightly apart. Place your arms diagonally behind your back, so that you can touch your fingers with each hand. Change hands. Repeat **10-15** times.



Stand with your legs slightly apart. Roll your shoulders forward and backwards, stretching your shoulder blades. Repeat **10-15** times.

EXERCISES FOR PEOPLE PERFORMING SEDENTARY WORK:

6



Sit on a chair. Turn your torso to the right and left, whilst holding the side of the chair. Repeat **10-15** times.



Stand with your legs slightly apart and bend your knees. Make this movement as if you wanted to move your sacrum under yourself. Repeat **10-15** times.



Sit in the chair but don't lean against the backrest. Put the foot of one leg on the knee of the other. Push both buttocks evenly against the seat. Stretch out the muscles with your hand, pressing on the knee. Repeat **5-10** times.

7



Grab your right leg around your ankle with your hand. Pull the heel towards the buttock until you feel a slight stretching in front of the thigh. Stand still for **10-30** seconds. Repeat **5-10** times.

EXERCISES FOR PEOPLE PERFORMING SEDENTARY WORK:



Stand in front of the chair. Put your left leg (keep it straight in the knee!) on the chair. Put your hands against the leg. Delicately bend forward until you feel a slight stretching in the back of the leg that is placed on the chair. Stand still for **10-30** seconds. Repeat **5-10** times.

- inhale in resting position, and exhale when moving;
- exercise as much as you can but without pain;
- if you feel any pain, reduce the range of movement or stop exercising and contact a physiotherapist at the **Back Pain Clinic**.