

Seated Exercises

There are some simple movements you can do to stretch out your shoulders, back and hips regularly throughout the day. As with all new exercises, start gently and gradually build up. Stop any exercise if it causes pain or discomfort.

Neck movements:

1. Sit looking forward and gently tilt your head over to the left side (taking your left ear towards your left shoulder). Then slowly return to the centre. Repeat to the right.
2. Look to the left as far as comfortable, then return to the centre. Repeat to the right.
3. Slowly look down towards the floor as far as comfortable, then return to the centre.
4. Gently look up towards the ceiling, then return to the centre.

Shoulder movements:

1. While inhaling, shrug both your shoulders up towards your ears. As you exhale, relax your shoulders down. Repeat two more times.
2. Roll your shoulders forwards in circles three times, then repeat in the other direction three times.
3. While sitting or standing, gently stretch one arm out to the side and behind you to feel a stretch at the front of your shoulder and chest. Repeat on the opposite side. (To make this stronger, you can do both arms at the same time, but build up to this gradually).

Back movements (while sitting or standing):

1. Gently tilt to the left and reach your left hand down to the floor. Return to the centre before reaching the right hand down to the floor on your right side.
2. Gently look to the left, then slowly twist your body around to follow the movement as far as comfortable. Return to the centre before repeating to the right side.
3. As you exhale, look down towards the floor and gently slump your back. Inhale as you return to sitting comfortably.
4. Gently look up towards the ceiling and slowly arch your back to bring your chest bone (sternum) towards the ceiling. Relax back to sitting comfortably. (Stop this exercise if the stretch feels too strong or if you feel dizzy).

Hip movements (while seated):

1. With your feet on the ground, gently lift one heel up and then the other. Repeat this is a pumping movement.
2. Starting with your feet on the ground, gently relax one leg to let your knee roll outwards (so your hip is rotating), then return to the centre. Repeat on the opposite side.