



Pause Exercises for Office staff

- Consult your doctor for specific guidelines if you have a medical condition
- Hold the stretches for 10 to 20 seconds, ensure you can feel a comfortable stretch
- Repeat each movement 3 to 4 times
- Focus on any problem areas you have identified

With elbows straight, grasp hand and slowly bend wrist back. Alternate hands.



With elbows straight, grasp the hand and gently bend the wrist down. Alternate hands.



Turn head slowly to look over the left shoulder. Return to the front. Turn head to look over the right shoulder.



Tilt head gently to the left side and then to the right side.



Stand, move and walk regularly

Work on improving and maintaining fitness and flexibility.



Looking ahead, tuck chin in and hold. Relax and return to starting position.





With arms relaxed at side, roll your shoulders forwards then backwards.



Place hands on back of hips and gently lean backwards.



Standing upright, draw both shoulders and elbow back and inward.



With feet apart, twist at the waist to the right then to the left using a slow smooth movement.



Blink regularly

Look into the distance

Move your eyes horizontally, vertically and diagonally



Stretch arm above head and cradle elbow with hand. Gently pull elbow down behind the head.



Source: Body Mechanics VHI Resource Library, Health Promotion Resources, 1999