

Stretching in a chair

Disclaimer: Dr R Potgieter accepts no responsibility for any injuries that may occur when doing unsupervised stretching.



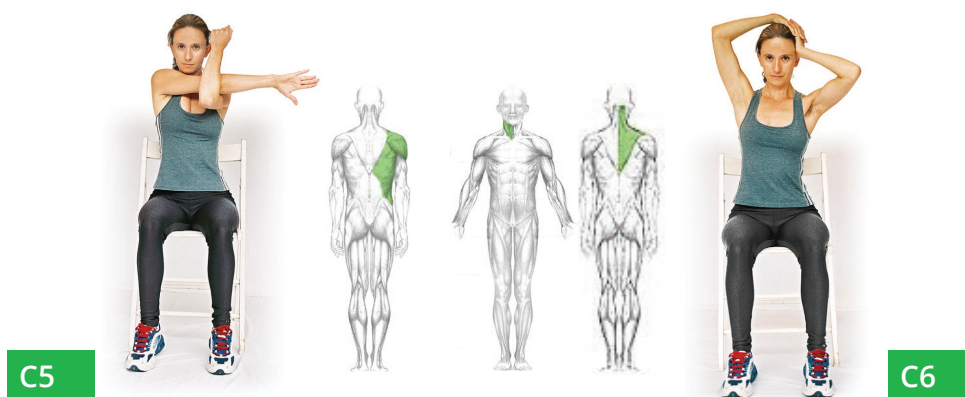
Hollow your lower back and sit upright. Push your elbows back as far as possible. Hold for 30 seconds and repeat 3 times.

Hollow your lower back and sit upright. Interlace your fingers, round your shoulders and press your hands forward. Hold for 30 seconds and repeat 3 times



Place your right hand behind your back and grab the towel raised by your left hand above your shoulder. Pull upwards. Hold for 30 seconds and repeat on the other side.

Hollow your lower back and sit upright supporting your upper back against the chair. Place your left arm behind your neck and walk your fingers down your spine. Grab your left elbow with your right hand and pull down. Hold for 30 seconds and repeat on the opposite side.



Sit upright, hollow your lower back and rest your upper back against the chair. Keep your shoulders parallel to the wall behind you. Straighten your right arm and rotate it with your thumb pointing downwards. Now cross your arm in front of your chest. Hook your other arm around your right elbow and pull towards your chest. Hold for 30 seconds and repeat on the other side.

Place both hands on the side of your head applying a gradual pressure to the opposite side. Resist this sideways pressure by using the neck muscles to keep your head in an upright position. Hold for 30 seconds and repeat on the other side.



Place both your hands behind your head and apply a gradual forward pressure. Resist this forward pressure by using your neck muscles to keep your head in an upright position.

Now relax your neck muscles and place both your hands behind your neck. Pull forward slowly as far as you can without going into pain. Hold for 30 seconds.



Place your right hand over your head so that it covers your left ear. Pull your head towards the right as far as possible without going into pain. Hold onto the chair with your left hand to pull your shoulder down. Hold for 30 seconds and repeat on the other side.

Now place your right hand as far as possible behind your head. Turn your head 45° so that your nose is pointing down towards your right forearm. Pull your head forwards at 45° as far as possible without going into pain. Hold onto the chair with your left hand to pull your shoulder down. Hold for 30 seconds and repeat on the other side.



“Howling at the moon”. Extend your head as far back as possible. Now rotate it to the left and bite your top lip. Hold onto the chair with your right hand to pull your shoulder down. Hold for 30 seconds and repeat on the other side.

Place both your hands on your forehead and apply a gradual backwards pressure. Resist this backwards pressure by using your neck muscles to keep your head in an upright position.