

## WORKPLACE STRETCHING CHART

Please be advised that the following chart contains general exercises for the neck, shoulders, wrists, back and hips.

These exercises are not designed for rehabilitation following specific injury and should not be performed if you think that they will affect a pre-diagnosed medical condition.

If in doubt, please contact your General Practitioner before attempting these exercises.

### Chin Tuck Sitting

Repeat: 5 times Hold: 5 seconds



Sit with good posture, tuck chin gently (nod yes)

### Swimmer's Stretch

Repeat: 2 times Hold: 15 seconds



Lock fingers behind back. To increase the stretch, lift your arms backward.

### Quadriceps Stretch

Repeat: 2 times each side Hold: 15 seconds



Pull heel to buttocks – avoid arching back

### Hamstrings Stretch

Repeat: 2 times Hold: 15 seconds



Foot up on stool, knee straight. Lean forward from the hips, avoid slumping your back or bending your knees

### Neck Stretch

Repeat: 2 times each side Hold: 15 seconds



Start position

Look up into corner  
away from hand

### Shoulder Posterior Stretch

Repeat: 2 times each side Hold: 15 seconds



Start position

Pull arm across chest

### Lumbar Segmental Extension

Repeat: 5 times Hold: 5 seconds Tempo: slow



Start position



Lean backward; think about moving joint by joint

### Gluteus Stretch

Repeat: 2 times each side Hold: 15 Seconds



Pull heel to buttocks – avoid arching back

### Wrist Extensor Stretch

Repeat: 2 times each side Hold: 15 seconds



Gently bend wrist

### Wrist Flexor Stretch

Repeat: 2 times each side Hold: 15 seconds



Gently bend wrist

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