

# Stretch it out

## Workplace Desk Stretches

with Buro Seating

Working with muscle and joint pain makes work a whole lot less enjoyable & less productive. The good news is that the pain is easily prevented.

Try our workplace desk stretches daily, starting with the 'Seated Cat & Cow' back stretch below, & see how you feel!

[Back Stretches](#) | [Neck Stretches](#) | [Shoulder Stretches](#)  
[Wrist Stretches](#) | [Hip Stretches](#)

**Over 80% of office workers complain of ailments that can be directly attributed to bad workplace design – and it doesn't have to be that way."**

Andrew Wilson, Ergonomist and Osteopath

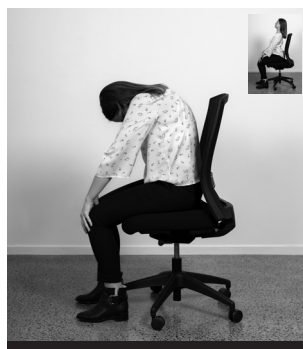
Stretching is amazing for prevention and easing tension, but the pain will continue to reoccur if you don't get to the cause.

**Most importantly ensure that:  
Your workstation is setup ergonomically | You have optimal sitting posture  
You are using an ergonomic chair**

01.

### Back Stretch Seated Cat & Cow

Mobilises the front & back of your spine



1. Sit slightly forward on your chair & place your hands on your knees.
2. Exhale, round your back & tuck your chin towards your chest.
3. Inhale, move your navel forward & lift your heart forward & upwards.
4. Repeat this motion several times, exhaling back & inhaling forward. Synchronise your breath with your movement.
5. Stop when you feel you've had enough, sit upright & take a moment to notice how you feel.

02.

## Back Stretch

### Standing Forward Fold

Eases the lower back



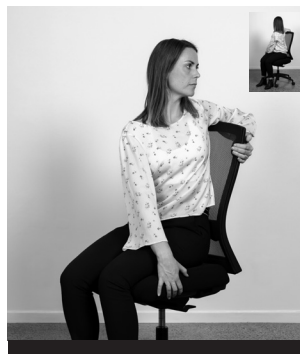
1. Stand with feet hip width apart with knees bent.
2. Lengthen from the base of your spine all the way to the crown of your head.
3. Fold forward hinging from your hips, while maintaining length through the spine.
4. Release your neck, let your head be heavy.
5. Hold elbows or let arms hang.
6. Keep the knees bent or gently start to straighten through the back of the legs.
7. Return to standing position, & repeat stretch as many times as you feel comfortable.

03.

## Back Stretch

### Seated Spinal Twist

Tones & stretches the spinal muscles & relieves the lower back



1. Sit on your chair with your feet on the floor.
2. Inhale, lengthen your spine.
3. Exhale, turn towards the back of your chair. If available then reach the backrest otherwise lower your back hand to the seat.
4. Press your front hand on your outer thigh. Try to keep your knees aligned.
5. Return to center.
6. Exhale, repeated on the other side.
7. You might like to repeat the motion again or hold it for a longer count.
8. Do what feels best & healing for your back.

04.

## Neck Stretch

### Active Neck Sidebend

Releases tension through the side of the neck



1. Sit upright with your spine in alignment.
2. Side tilt your head so that your right ear moves toward your right shoulder
3. Pause when you first feel tension.
4. Stay here if this is enough, or use your right hand to apply gentle pressure to the left side of your head.
5. Breathe here for at least three deep breaths.
6. Repeat on the other side.

05.

## Neck Stretch

### Neck Flexion

Releases tension through the front & back of the neck



1. Sit upright with your spine in alignment.
2. Bend your head forward, reaching your chin towards your chest.
3. Stay here if this is enough, or interlace your fingers & apply gentle pressure to the back of your head.
4. Breathe here for at least three deep breaths.
5. Repeat as necessary.

06.

## Shoulder Stretch

### Cow Face Arms

Stretches the shoulders & upper back



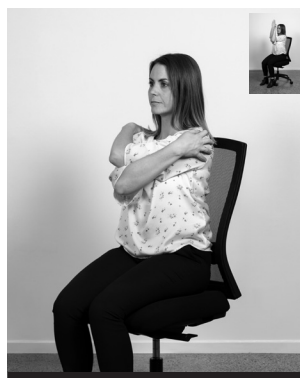
1. Bend your left elbow and nestle your forearm into the hollow of your lower back.
2. Tuck your left elbow against the side of your torso.
3. Slide your left forearm up your back until it rests against your spine as comfortably as possible, with the back of your hand between your shoulder blades.
4. If you can't reach don't force it, just do your best while relaxing.
5. Reach your right arm straight up to the ceiling and rotate it outwardly, so the palm looks behind you. Then bend your right elbow and reach your hand down to your upper shoulder.
6. Either rest your hands in this position, or if possible, hook your fingers together.
7. It's common to want to push your front ribs forward. Instead drop your front ribs down and into your torso.
8. Breathe here for a minute or so, then gently shake your arms out.
9. Repeat on the other side.

07.

## Shoulder Stretch

### Eagle Arms

Opens the chest & thoracic spine



1. Bring your arms in front of you at a 90 degree angle, elbows even with your shoulders.
2. Drop your left elbow below your right & place your hands on your shoulders.
3. Stay here if this is enough, or twine your forearms bringing your palms together.
4. Press your palms together.
5. Lift your elbows up & stretch the fingers toward the ceiling.
6. Breathe here for at least three deep breaths. Feel this stretch throughout your shoulders & shoulder blades.
7. Repeat on the opposite side.

08.

## Wrist stretch

### Bear in the Honey Pot

Relieves tension from tired & tight wrists



1. Sit evenly on your chair with your spine straight.
2. Bring the back of your hands to touch in front of you, with your elbows stretched wide.
3. Work to your edge, this may mean that only the fingers touch and that's okay.
4. Imagine you are a bear reaching for honey in the sides of a honey pot & give your fingers a wriggle.

09.

## Hip stretch

### Seated Pigeon

Relieves tension from tight hips and stretches the piriformus



1. Sit upright in a chair with both feet on the ground.
2. Bring your ankle of one leg up onto your knee of your opposite leg with your foot flexed.
3. Apply a gentle pressure with one hand on the top of your bent knee
4. Lean forward until you feel a stretch through your outer hip and buttocks.
5. Keep steady full breaths and stay soft through the shoulders.

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