

DESK STRETCHES BELLA

Why do we need to do stretches at work?

Here at Health on Hand in St. Johns Street, our Chiropractors are seeing an increasing number of patients who have sedentary jobs and who are suffering from a range of issues from low back aches, neck and shoulder pain, headaches and tennis elbow. These patients are feeling the effects of poor posture, prolonged sitting, poor ergonomics and essentially, lack of movement.

When we sit for long periods our muscles start to tense up due to lack of stretching and reduced blood flow. Some of our muscles can become overused, for example our forearm muscles whilst typing, which can lead to tennis elbow. Desk workers also suffer the effects of compressed joints in the neck and upper back, especially from a poor posture, causing pain and stiffness and occasionally headaches.

Regular stretching exercises can help keep the muscles supple, improve mobility of the joints, aid circulation and can help to prevent aches and pains. Below are some examples of stretches you can try, most people find them to be very effective! If you are currently experiencing some pain or discomfort, I would suggest seeking advice before attempting these.

For further information on chiropractic and if it can help you or your colleagues please call Health on Hand Mansfield, 15 St John Str., Mansfield, on;

01623 635333

Or visit www.healthonhand.co.uk

Special rates available to 2020 members: Initial Consultation and treatment £40, follow up treatments £30. Offer valid the until 31st December 2020. Please quote '2020' when making the appointment.



10-20 seconds
2 times



10-15 seconds



8-10 seconds
each side



15-20 seconds



3-5 seconds
3 times



10-12 seconds
each arm



10 seconds



10 seconds



8-10 seconds
each side



8-10 seconds
each side



10-15 seconds
2 times



Shake out hands
8-10 seconds