



**Dr. Naveen Reddy**

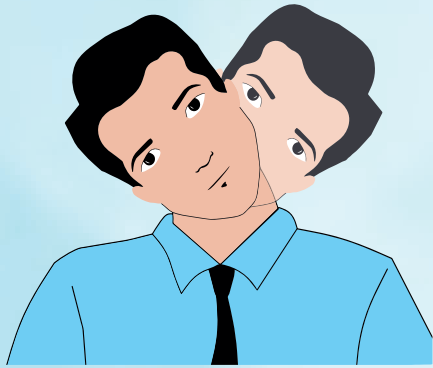
Orthopaedics

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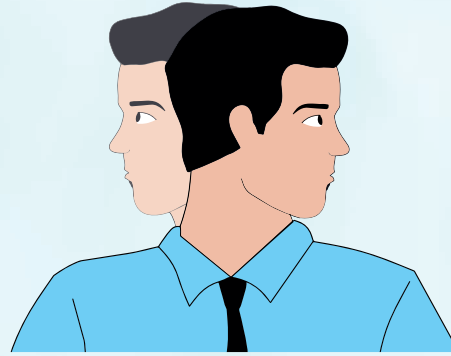
# Work Place Exercises

Take a few minutes to do these stretches and your whole body will feel better

## Neck



Slowly tilt head to left side to stretch muscles on the right side of the neck. Hold for 5-10 seconds. Then switch to right side.



Slowly turn your chin towards your left shoulder. Hold for 5-10 seconds. Then switch to right shoulder.



Gently tilt your head forward to stretch the back of the neck. Hold for 5-10 seconds. Then tilt upward and hold 5-10 seconds.

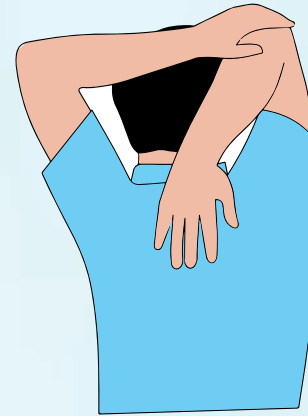
## Shoulders



Interlock fingers, then straighten arms out in front of you, palms facing away from you. Hold for 10-15 seconds.



Interlock fingers behind your back, palms facing upwards. Gently straighten elbows while reaching up and back. Hold for 10-15 seconds.

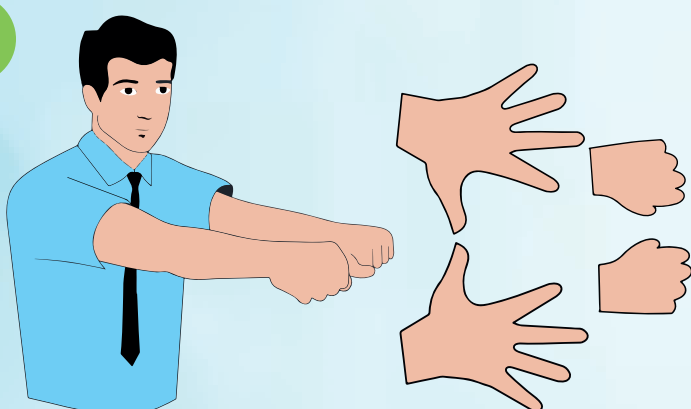


Hold right elbow with left hand, then gently pull elbow behind head until an easy tension-stretch is felt. Hold for 10-15 seconds. Repeat for other side.

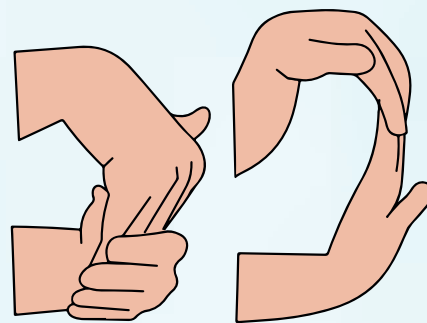


Grab under your right upper arm and pull the arm at shoulder height across your chest. Hold for 10-15 seconds. Repeat for other shoulder.

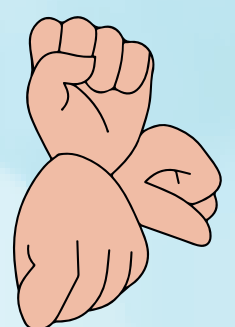
## Hands



Stretch fingers open, hold for 5 seconds. Then make a fist and hold for 5 seconds.



Straighten your right arm with the fingers facing down. Then, use your left hand to gently pull back your right hand fingers until you feel an easy stretch. Hold for 5-10 seconds. Release. Repeat with fingers facing up. After that, switch to the other hand.



Roll your both wrists clockwise then counter clockwise. Do 10 times for each direction.



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## Back



Place your palms on lower back and gently stick out your chest while tipping head back hold for 10-15 seconds.



Cross one leg over the other. Twist at waist & grab the backside of the chair. As you do this, look over your shoulder to get the stretch feeling. Holds for 10-15 seconds. Repeat for other side.



Bend forward and hold for 10 seconds. Raise up slowly and hold for 10 seconds.



Bend to one side and hold for 10 seconds. Raise up slowly and hold for 10 seconds.

## Legs



In a seated position with back supported, slowly pull one knee up towards your chest. Hold for 10-15 seconds. Then repeat for the other leg.



Support yourself with left hand on a wall/table/chair. Grasp left foot with right hand and gently pull heel towards buttock. Hold for 15-20 seconds. Repeat for the other side.



Place one foot on a stable chair or similar height surface. Whilst keeping leg and back straight and pelvis square, lean forwards towards your foot until you feel a stretch in the back of your thigh. Hold for 10-15 seconds. Repeat for other leg.

**NOTE: DO THE ABOVE EXERCISES FOR 2-3 REPETITIONS**

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