Khoo Teck Puat Hospital
NHG Health

Yishun Community Hospital
NHG Health

Adding Years of Healthy Life

Department of
Rehabilitation Services - Physiotherapy

Desk Stretches

For All Your Stretches
- Stretch until you feel a tension in the muscle, then hold the position.
- Do not bounce the stretch.
- Breathe normally.

Stop immediately if you feel sharp pain and consult your physiotherapist.



Neck Lateral Flexion Stretch

Perform in sitting.

Tilt your head toward one shoulder until you feel the stretch on the opposite side.

Hold for ___ secs. Perform ___ reps, ___ x/day.

Repeat towards the other side.



Neck Flexion Stretch
Perform in sitting.

Bend your head forward until you feel a stretch behind your neck.

Hold for ___ secs. Perform ___ reps, ___ x/day.



Trunk Extension
Perform in standing or sitting.

Hold your hands behind your back.

Move your shoulder blades up and back.

Hold for ___ secs. Perform ___ reps, ___ x/day.



Chest Muscles Stretch
Stand in a corner of a room, facing the corner.

Lift both arms to horizontal position against the walls.

Let your upper trunk lean into the corner until you feel the stretching of your chest muscles.

Hold for ___ secs. Perform ___ reps, ___ x/day.



Shoulder Flexion Stretch
Standing with hands clasped in front of you.

Lift both arms straight forward over your head
.
Separate your arms sideways and take them back down to the starting position.

Hold for ___ secs. Perform ___ reps, ___ x/day.



Posterior Capsule Stretch (back of shoulder stretch)
Perform in standing or sitting.

Stretch one arm over to the opposite shoulder by pushing it at the elbow with your other arm.

Hold for ___ secs. Perform ___ reps, ___ x/day.

Repeat on the other side.



Latissimus Dorsi Stretch
(side and upper back stretch)
Perform in standing or sitting.

Bring the arm to be stretched behind your neck.

Grasp the wrist with your other hand and pull as far as possible towards the opposite shoulder.

You will feel the stretching in your armpit and side.

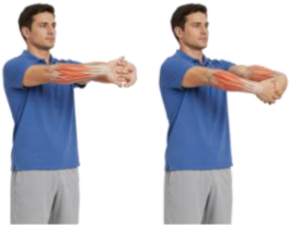
Hold for ___ secs. Perform ___ reps, ___ x/day.
Repeat on the other side.



Upper Traps Relaxation
(neck and shoulder tension release)
Perform in standing or sitting.

Lift your shoulders and relax.

Perform ___ reps, ___ x/day.



Wrist Stretches
Clasp hands by interlocking fingers and lift arms horizontally in front of you.

Alternately turn palms inwards and outwards.

Hold for ___ secs. Perform ___ reps, ___ x/day.

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