



Stretch neck - bend head forward
(2 x 5 seconds)



Move shoulder blades to center
(2 x 5 seconds)



Move shoulders upwards
(2 x 5 seconds)



Turn head sideways
(2 x 5 seconds both sides)



Turn head sideways
(2 x 5 seconds both sides)



Tilt head sideways
(2 x 5 seconds both sides)



Bend palms of hands upward
(10 seconds)



Bend palms of hands forward
(10 seconds)



Stretch hips sideways
(10 seconds both sides)



Make circles with your hips
(10 seconds both sides)



Bend hands backwards
(3 x 5 seconds)

And...

- ▶ Change position often 🏃
- ▶ Drink a lot (water) 🚰
- ▶ Take plenty of breaks ☕

Physical issues? Discuss these exercises with your therapist first!

Physical issues? Follow your therapist's exercises and instructions!

Some of the main tips we discussed:

- 🧠 Take some time to re-make your workspace
- 🧠 Be creative with what you have at home, instead of ordering expensive ergonomic accessories.
- 🧠 Be aware of your posture. Sit up straight, supported and within the "circle of support"
- 🧠 Stay fit physically as well as mentally. Get enough exercise and sleep
- 🧠 Take a 2 to 3 minute break every 45 minutes. Make sure you walk a bit
- 🧠 Switch positions regularly: sit / stand, different chairs, do your meeting while walking
- 🧠 Drink lots (of water) 🚰
- 🧠 Listen to your body and take action immediately if something doesn't feel right
- 🧠 Clean up your desk at the end of the day and make your "office" your home again

Any questions later? Contact me (Sanne) any time via sanne@deskguru.nl