

RABBIT'S DAILY SITTING STRETCHES

Part two – Upper Back, Shoulders, Neck and Arms

These exercises all use 'muscle energy technique's' to make them a lot more effective than ordinary stretches ! To do them properly get yourself into the position so you are stretching the muscles and then take a breath in and push or pull gently against the resistance (without moving), hold for a few seconds then breath out and increase the stretch. Repeat this as many times as remains comfortable. Try to do them several times a day.

WHOLE BACK TWIST STRETCH



Sometime soon I will produce another info sheet that will go into how to sit. For now just try to play around with the height of your chair and try to play around with the position of everything



This is a fabulous stretch. The important thing to remember is that your crossed legs makes your pelvis go one way so make sure your shoulders go the other. That makes the twist ! Breathe in and push the arm and shoulder back against the thigh breathe out and twist further round. Repeat.

STRAIGHT / BENT ARM UPPER BACK STRETCH



These two stretches really sort out the muscles around the shoulder blades and upper back. Pull the straight arm back, push against resistance, relax and increase stretch. Now repeat several times.



The bent arm focuses the stretch more on the arm and shoulder and less on the back. Again breath-in - push – hold, breathe out – relax – increase stretch. Repeat a fewl times.

NECK AND SHOULDER STRETCH



Gradually try to feel this stretch progress all the way down your back. As usual breathe in and gently push back against your hand. As you breathe out use your arm to ease your head further forward.



Pretty much the same as next door. This is great for the top of the shoulder. Try to drop the shoulder you are pulling away from. You can increase the stretch by sitting on the other hand.

FOREARM STRETCH



This a must for anyone using a keyboard. It really won't hurt if you make it into a bit of a habit. Pull the finger tips back, push, hold, elongate the stretch and repeat.



Definitely do this with the one to the left. The muscles you stretch are weaker than the opposite, but it is still worth doing.

Try to take micro-breaks every 20 mins or so. Just stop for 30 seconds and stretch, or go for some water.

IF YOU HAVE ANY QUESTIONS CALL ME ON 07711 760 557
OR EMAIL SIMON@SIMONFREEDMAN.COM