

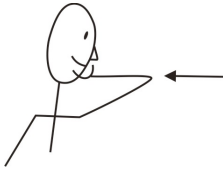


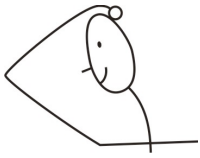
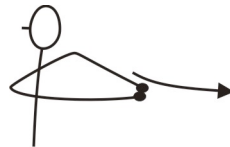


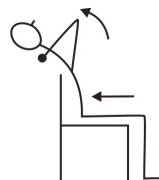
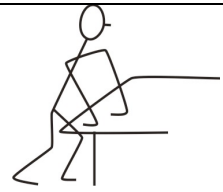



## Sit to Stand Desks: Stretching & Ergonomics

North Adelaide Medical Centre  
Suite 21, 183 Tynte Street  
North Adelaide SA 5006  
T: 8361 8182

### Physiotherapy and OHS Solutions

Specialist Occupational Health Physiotherapist FACP  
APA Musculoskeletal & Sports Physiotherapists  
ABN 9368 7913 797

 <p>Make a double chin and add gentle pressure with one hand over the chin. Hold up to 30 seconds. Relax and repeat 3X.</p>	 <p>Tuck the chin onto the chest and gently rest one hand over the back of the head. Now slouch to feel the stretch extend to the middle back. Hold for 10 seconds.</p>	 <p>Take the right ear to the right shoulder, resting the right hand on the head (do not force). Feel a stretch in the left neck. To increase, move the left shoulder toward the floor. Hold for a minimum of 10 seconds, relax and repeat on the other side.</p>
 <p>Look toward the right hip. Gently rest the right hand on the back of the head and feel a stretch at the base of the left neck. Hold for a minimum 10 seconds. Relax and repeat on the other side.</p>	 <p>Clasp the hands behind the back. Stretch the hands away to feel a stretch across the front of the chest and in the upper back. Rest the chin toward the chest while you do this stretch. Hold 10 seconds, relax and repeat.</p>	 <p>Stand with your feet apart. Slowly and gently bend forward until gentle stretch around the back and hamstring. You can either fold your arms across the chest or just hang your arms down. Stay there for a few breaths.</p>
 <p>Stand with your feet apart, clasp your hands behind your back and bend forward, letting the arms relax over the head toward the floor. Stay there for a few breaths.</p>	 <p>Upper back stretch: clasp your hands behind the neck and lift the elbows whilst keeping the tummy flat. Hold 2-5 seconds and relax. Slide the bottom forward to stretch higher in the back.</p>	 <p>Forearm stretch: rest the palms down on the desk with fingers toward you. Then rest the palms up on the desk fingers toward you, hold 10 seconds each.</p>
 <p>Stand with your feet apart, put your hands over your low back. Slowly and gently arch backward and come back up, repeat 5 times. You may notice that you start to go further and it feels more and more comfortable.</p>	<p><b>The essentials!!!</b></p> <ul style="list-style-type: none"> <li>• Take regular short breaks</li> <li>• Regularly check posture and perform gentle stretches</li> <li>• Avoid hugging the phone between the ear and shoulder</li> <li>• Ensure good low back support in the chair to facilitate optimal sitting posture with minimal effort</li> <li>• When standing, keep moving about and avoid standing on one leg and popping the hip out to the side.</li> </ul> <p>Gently remind others if they are sitting with poor posture. If you feel uncomfortable with your work postures ask for help!</p> <p><b>Points to remember:</b></p> <ul style="list-style-type: none"> <li>• A little bit goes a long way e.g. 1 stretch every hour</li> <li>• Listen to your body</li> <li>• If new aches/pains don't ease within 24 hours, seek advice from your physiotherapist.</li> <li>• Maintain your own general health and fitness to reduce the risk of injury.</li> </ul>	

All stretches should be performed gently and feel comfortable at all times. Do not force any movements.



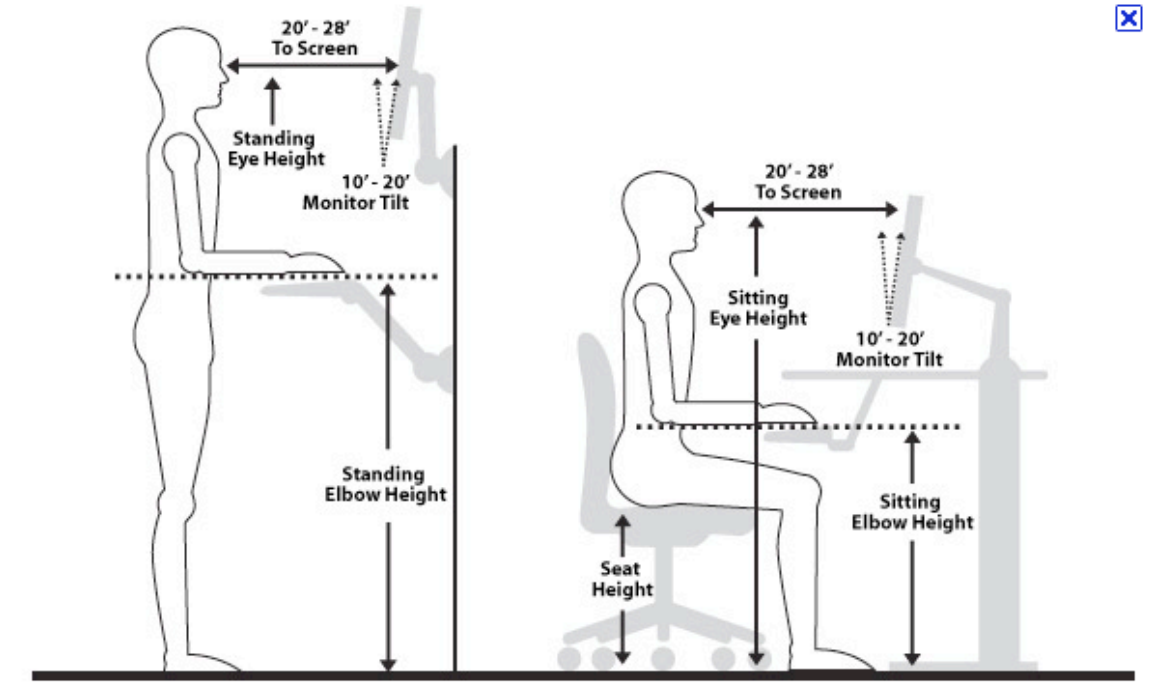


## Optimal Sitting and Standing Posture

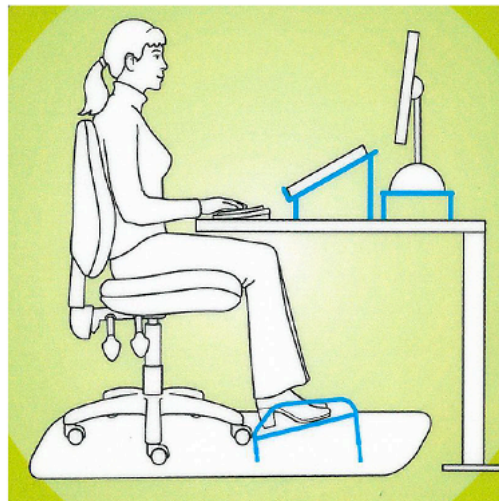
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- Alternate between sitting and standing through the day
- Keep moving your feet when standing to avoid stooping or dropping the hip to one side



Set the chair so that the forearms slope gently down towards the keyboard



Thighs should be parallel to the floor, with no pressure on the underside of the thighs at the front edge of the seat

The feet should be slightly forward of the knees

Alternate sitting position.

