

**Chest Stretch**  
 Sitting at a desk all day shortens the chest muscles and this can be the cause of shoulder pain as tight pecs pull the shoulders forward. Grasp the hands behind the back and move them out behind you as far as possible.



**Rotation Stretch**  
 Staring straight forwards at a screen all day isn't good for the neck. Gently stretch by looking over your right shoulder, holding for 10 seconds and then looking over the left shoulder for 10.

**Lateral Neck Stretch**  
 Tight muscles in the sides of the neck is a common complaint. Take the head over to the side and apply further pressure using the hand as shown to increase the stretch.



## Neck Pain Stretches for Office Workers

**Posterior Neck Stretch**  
 The muscles at the back of the neck commonly feel tight as they overwork to hold the head upright. Tuck the chin in and tilt the head down towards the chest. Use another hand to apply pressure on the head if necessary.



**SCM Stretch**  
 The Sternocleidomastoid is the large, rope like muscle at the front of each side of the neck. This becomes tight with a forward head position. Stretch by looking over the right shoulder, and then tilting the head back.



**Upper Back Stretch**  
 The rhomboid and posterior shoulder muscles are often the ones that feel most tight in office workers. Stretch by bringing one arm across your body, keeping the shoulder depressed and pulling it in with the other arm.

We do not advise you do these exercises if you have severe neck pain or have any pain/symptoms down your arms or have any recent injury to your neck. If you are unsure as to what exercises to do, please book an appointment so one of our therapists can guide you through the correct way to do the exercises that are best suited for your symptoms.