

Work Based Exercises

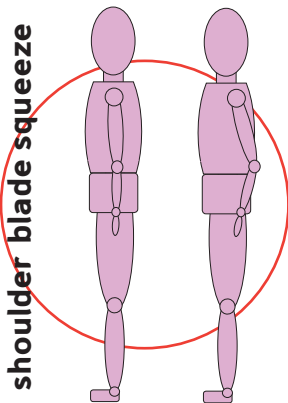
Back Care

Try to perform the following exercises at least once a day and after prolonged periods of sitting.

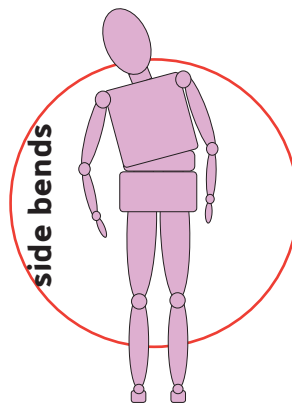
Exercise is commonly advised as one of the best ways to help prevent and manage most back pain. It is important that we keep our back in good health and to do this we need to keep it as mobile as possible, through exercise and general day to day activities.

In the exercise descriptions, when it says stand in straight posture the following is meant:

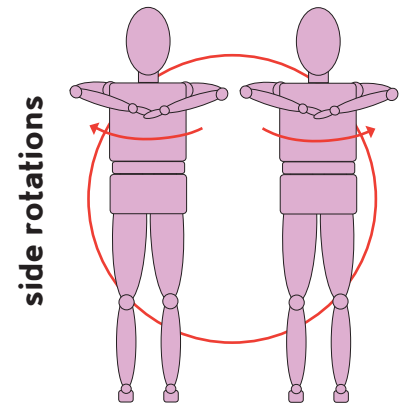
- Stand or sit with feet hip distance apart
- Pull shoulders back in line with your hips
- Stand or sit with neutral spine, which means with your back in its natural hold



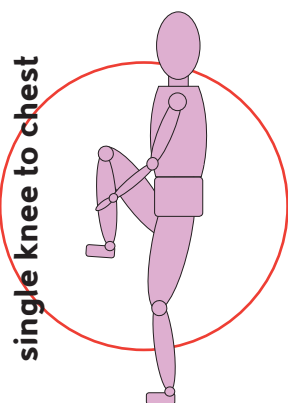
shoulder blade squeeze
Sitting or standing with a straight posture. Squeeze your shoulder blades back as if you are trying to make them touch together. Hold for 5 seconds and release, repeat x 10.



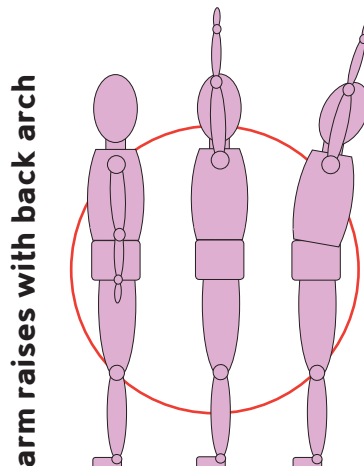
side bends
Sitting or standing with a straight posture. Bend to the side and return to centre then repeat on the other side. Repeat x 5 on each side.



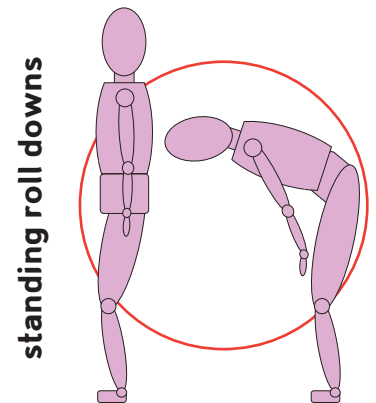
side rotations
Sitting or standing with a straight posture and arms bent in front of chest. Rotate chest round to one side for a count of two, return to the centre and repeat on other side. Making sure your hips do not move. Repeat x 5 each side.



single knee to chest
Standing with a straight posture, lift one knee into your chest and hold onto your shin without bending forward. Hold the stretch for 5 seconds and lower down. Repeat on the other leg and repeat x 5 on each leg.



arm raises with back arch
Standing or sitting with a straight posture. Lift your arms up in front and above your head whilst breathing in. Hold at the top for a second and then lean back slightly for one second then return to straight posture position whilst lowering the arms and breathing out. Repeat x 5.



standing roll downs
Standing with a straight posture and knees bent. Slowly curve your spine to bend forward until your finger can touch the floor or to where feels comfortable. Hold for 5 seconds and roll back up slowly holding in your stomach muscle at all times. Repeat x 5.

All the above exercises can be done stood up or sat in a chair. You may feel some slight discomfort if you are currently non-active, don't worry this is due to your muscles being stretched. If you feel any pain during these exercises then seek advice from your GP.