

Notes : These exercises may not be right for you. Please consult a physiotherapist before you do any of them. Take a short break every 30 to 60 minutes and do 2 of the exercises. Rotate them during the day.

1 Neck side bending



Reps: 3L&R Hold: 10s

2 Trunk flexion/extension



Reps: 5F&E Tempo: Slow

3 Trunk side bending



Reps: 5L&R Tempo: Slow

4 Assisted trunk rotation



Reps: 5L&R Tempo: Slow

5 Wrist extension stretch



Reps: 3L&R Hold: 20s

6 Wrist flexion stretch



Reps: 3L&R Hold: 20s

7 Quad stretch



Reps: 2L&R Hold: 20s

8 Pec stretch



Reps: 2L&R Hold: 20s