



Tip of the Week

Daily exercises to perform whilst at work

Week 28 of 52 – Shoulder Mobilisation

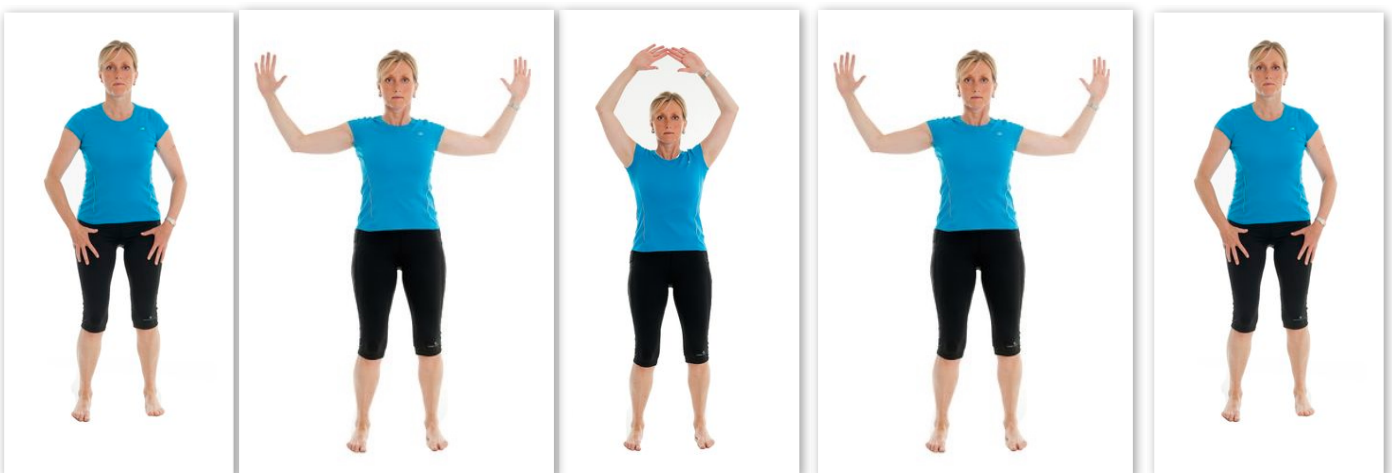
Sitting at a desk, using a computer and being sedentary for long periods can lead to tension in the shoulder girdle, especially if you are feeling stressed or under pressure in some way such as working to a deadline.

Here is a simple exercise to keep your shoulder girdle moving, reduce stress and maintain a relaxed state of mind.

Stand up and whilst taking a breath in, allow your arms to rise up to your sides and lift overhead, bringing the finger tips together. Then slowly lower the arms again as you breathe out. If you can, repeat this sequence for 10 breaths.

This exercise can also be done seated if your chair and space permits.

Repeat frequently throughout the day.



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