

iPostureSyndromeSavers

Adult

1



FOREARM STRETCH



Stretch your arms out in front of you. Bend the wrist of one hand to point the fingers to the ground. The other hand takes hold of the fingers (not just the tips) and pulls them towards you. Rotate the inside elbow crease of the outstretched arm towards the ceiling to increase the stretch. Hold for three deep breaths. You will feel this stretch in the top of the forearm.

Stretch your arms in front of you. Point the fingers of one hand to the ceiling and use the other to pull the fingers back toward you. Hold for three deep breaths. You will feel the stretch in the muscles of the underside of the forearm. (You can repeat this one finger at a time to be extra thorough).

fight keyboard fatigue



SHOULDER STRETCH

2

Bend your elbows and put one bent elbow inside of the other, clasp the wrist with one hand. Reach your fingers to the ceiling while tilting your head forward and pushing your elbows to the front of you. You will feel the stretch on one side at the base of your neck. Hold for three deep breaths. Swap sides. Repeat three times. For an extra stretch push your arms away from your body while reaching your hands to the ceiling.

ahh the relief

3

UPPER BACK STRETCH

Stretch out both arms, cross them at the wrists and join your hands. Pull your hands forward, deliberately exaggerating a hunched position. Hold for three deep breaths. This is good for stretching those tired upper back muscles.



as good as a massage



UPPER ARM STRETCH

4

Reach your hands behind your body and interlace your fingers with the palms pressing into each other. While holding this position, straighten your arms and try and touch your elbows together. This is a strong upper arm and front of shoulder stretch. Hold for 3 deep breaths and repeat three times.

rewind screen time

5

POSTURE REBOOT

Stand facing a corner, one leg in front of the other. Reach your hands up, placing them on the wall just above head height. Let the elbows stay bent at right angles but not touching the walls. Bend your front knee to allow your chest to move towards the corner. Keep your head facing forward and your back straight. You should feel a stretch across your chest into the front of your shoulders. Hold for three deep breaths. Try different hand heights for variations of the stretch. TIP: Do this stretch every time you go to the bathroom (10 seconds to a better posture!)

break the hunching habit



Only perform these stretches within a comfortable range.

These stretches have been devised by our spinal expert at Ollie Owl to protect you from the damaging effects of poor posture. Do them regularly to keep energised and relaxed during your working day and use our contoured pillow at night for deep rest and repair. For more tips on good health choices visit our website. At Ollie Owl we believe a supported family is a happy family.

www.ollieowl.com.au

OLLIE OWL
pillows for perfect posture