

Health at Work

Exercises at the Office - I

Exercise 1. Cervical Spine Range of Motion Exercise



Khushbu Shrivastava Gupta
Editor @MedicPresents
Master of Technology
(M.Tech.), Biotechnology

This series of exercises are for anyone who spends long periods of time sat at a desk or in a car. These exercises are designed to mobilise joints and relax tension in the shoulder girdle.



following exercises can be performed.



Rotate the head to the right and then slowly to the left. Take a breath in each position. You may feel some tension in the upper trapezius muscle. This tension will release as



Then gently and slowly encourage a side bend of the head to the right and then the left.

It is normal to feel tension in the side of the neck you are bending away from in this stretch. Again, this tension will release as you hold the stretch.



Finally allow the chin to fall forward towards the chest. You will feel the tension between your shoulder blades. This will start to fade if you hold the position for a couple of breaths. I seldom recommend extension (the opposite of this stretch) as this can cause irritation to the facet joints of the spine which are the joints between the vertebrae and therefore can lead to pain.