



## OfficeWise Exercises

- If you have any back or neck pain consult your doctor, athletic therapist, physiotherapist, or other trained health care provider before trying any of these exercises.
- You should not experience any pain *during* these exercises. Stop immediately if you do and consult with your health care practitioner or athletic therapist.

### Low Back Extensions

Place both hands on your glutes/buttock. Slowly extend your lower back, gently pushing the hips forward. Go back only as far as you can comfortably. There should be no pain associated with this movement. Keep your neck in a neutral alignment/curvature (do not drop it back in full extension). Return to the start position. This exercise may also be done with both hands straight out in front of you on a wall.

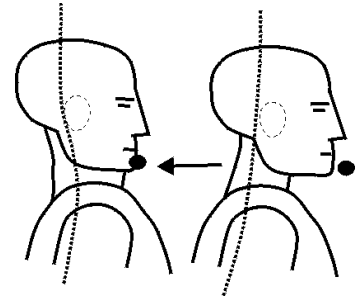
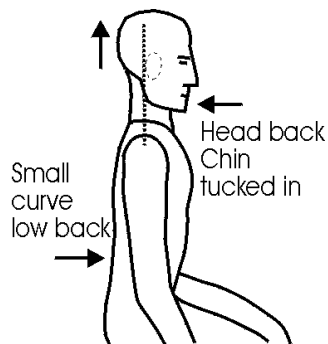


- Repeat 10X slowly.
- Repeat every 2-3 hours.

### Chin Tucks (head retractions)

Sitting upright, tuck your chin in towards your neck. Be sure your ear is in line with your shoulder. There should be no pain associated with this movement.

- Hold for 5 seconds, and then relax back to your starting position.
- Repeat 10X slowly.
- Repeat every hour.



#### Alternative position:

This exercise can also be done lying on your back, with no pillow supporting your head. You may opt to do it in this position when at home.

