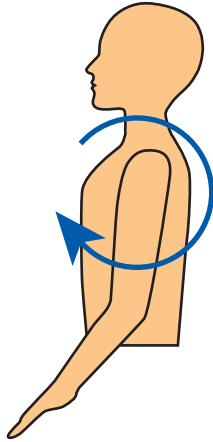


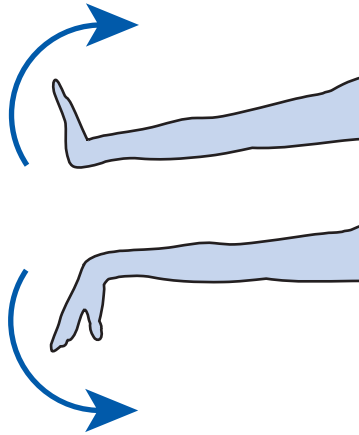
NECK

Bring ear to shoulder



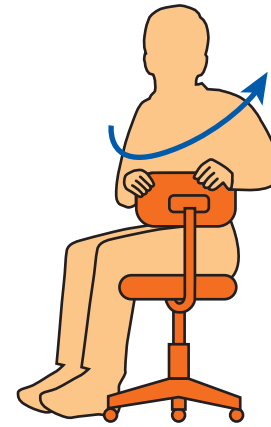
SHOULDER

Circle shoulder backwards.
Try circling your arm too



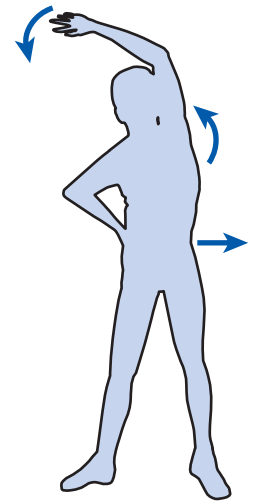
WRISTS

1. Bend hand back towards you
2. Bend hand down



BACK

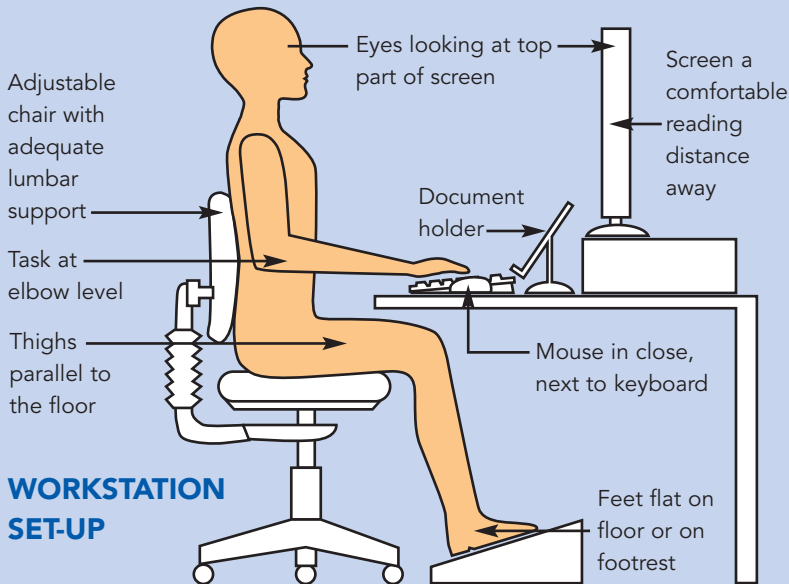
Hold onto back of chair.
Twist and look over shoulder



BACK

Reach up and stretch.
Lean to side

- Stretch slowly and gently
- Stretch to tension, not pain
- Hold each stretch for 30 seconds and repeat
- If you have any injuries or are receiving treatment, please seek medical advice before performing these stretches.



WORKSTATION SET-UP

WorkAble Solutions

AN ACCREDITED REHABILITATION PROVIDER

Telephone: 1300 73 44 91

www.workable.com.au

- Injury Prevention
- Return to Work Services
- Medico-legal Assessments
- Training
- Ergonomic Assessments

Sydney-wide,
the Central Coast
and Newcastle
since 1995